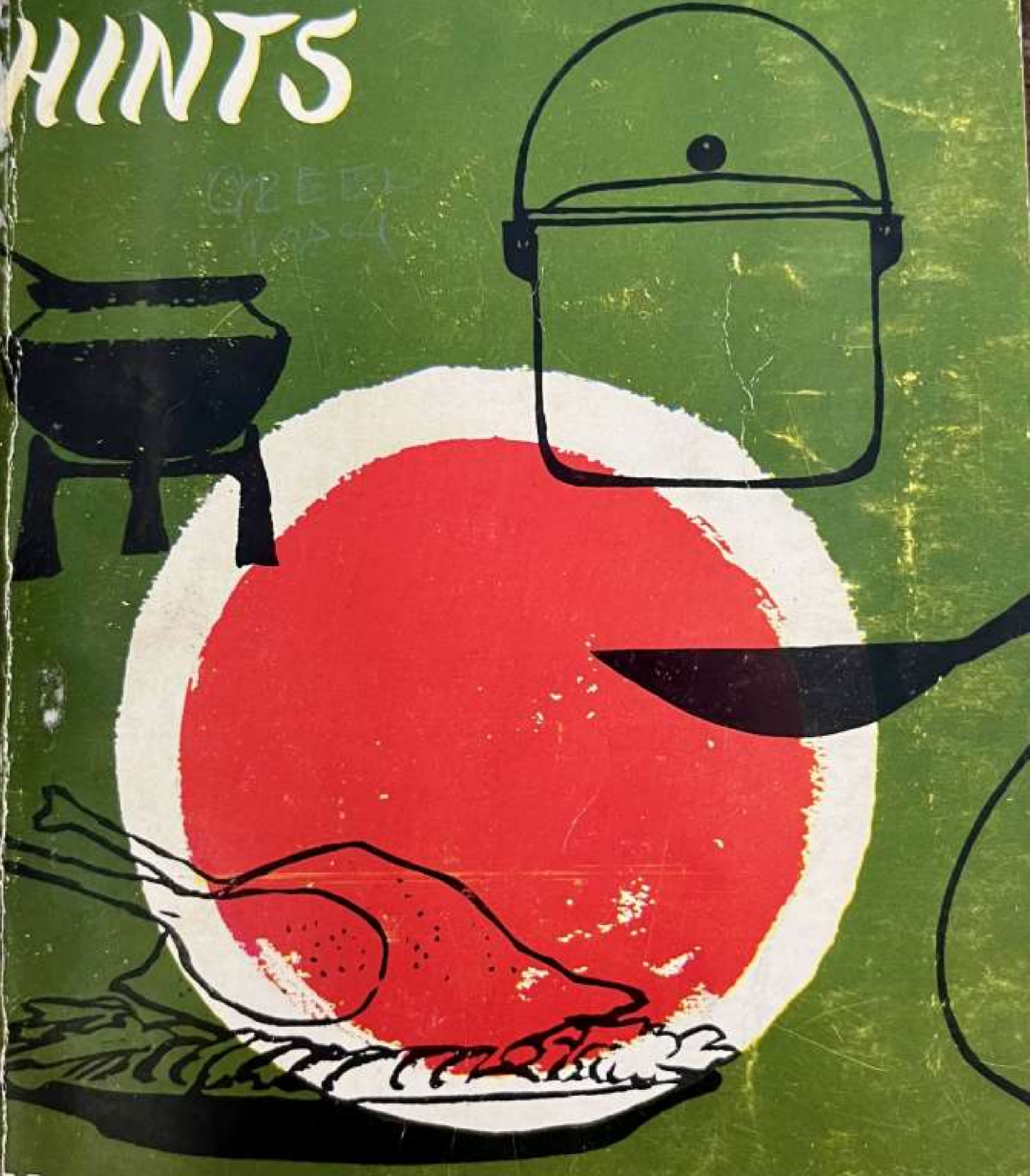
PHILIPPINE COOKERY and HOUSEHOLD HINTS



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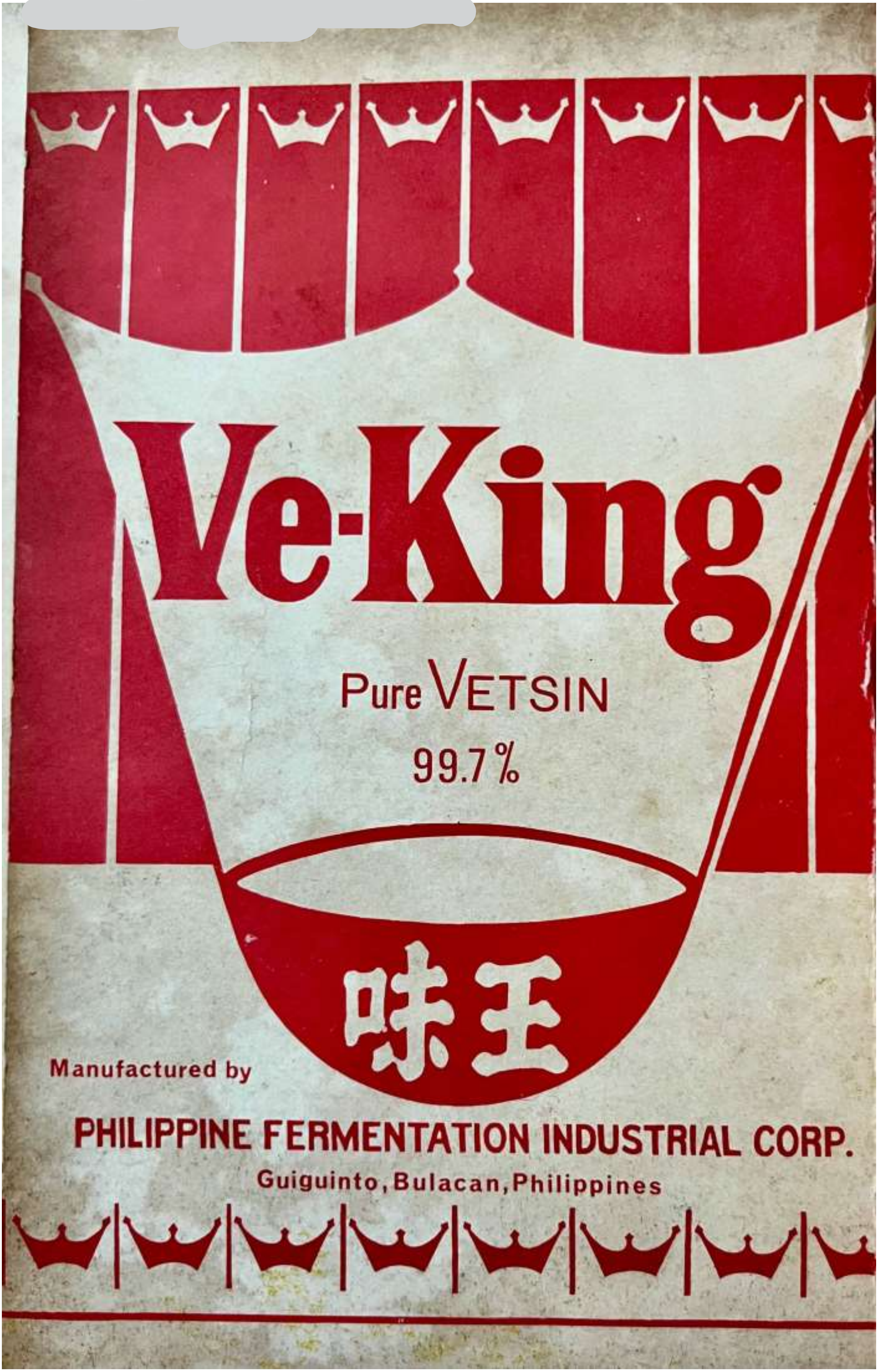
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PHILIPPINE COOKERY AND HOUSEHOLD HINTS

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INTRODUCTION

PURPOSES OF THE MANUAL

The average Filipino is a gourmet. He loves good food. It is for this reason that the average Filipino housewife spends more time in food preparation than most of her sisters in the West.

That Filipino hospitality is a legend was very succinctly stated by a well-known writer. Filipino families love to entertain guests and visitors. To help middle-class homemakers in developing competence in the preparation of delicious dishes for presentation to their own families and guests is one of the most important purposes of this book.

Equally important as food preparation is food management. The housewife should know how to budget her food allocation, must know how to plan the meals for a certain period, must know how to make maximum use of the purchases and avoid waste, and must be able to display knowledge and skills in the arts of gracious living when special guests are brought home by the family head.

Scattered throughout this book are valuable suggestions on food management, house cleaning and house decoration, table-setting, care of kitchenware and household furniture. This manual also contains miscellaneous household hints on some perplexing problems as stain removal, pest control and some essential elements of home management.

THE FOOD BUDGET

What determines how much a particular family should spend for food? Family income is a prime consideration. The more money you have the more you can afford to spend. A family's size, the ages and sexes of its members, and the types of activities they engage in — all these, naturally, bear directly on expenditures. So do family values. Families who value "good eating" highly tend to spend a greater portion of their income on food and less, for example, on clothing. Frequent entertaining of course can bring the total still higher.

The amount of time the homemaker can or wants to spend in the kitchen also affects the food budget. She can buy foods in convenient forms, but convenience does cost money. The homemaker who prepares food from materials in their original state can save substantially.

In a study made in the United States, the average family spent 33 per cent of its income for food. No similar study has been made in the Philippines, but from our observation, this percentage of allocation for the food budget fairly reflects the common practice among average Filipino families.

MEAL PLANNING

To an average housewife, meal planning seems to be a complicated task if not a drudgery. This need not to be so. A simple understanding of the basic needs of a well-balanced diet is all that is necessary.

Regardless of budget considerations, there are six basic food groups which must be included in meal planning.

BASIC FOOD GROUPS

GROUP I—LEAFY AND YELLOW VEGETABLES

One or more servings daily

(1 serving—1/2 cup, cooked; or 1 cup, raw)

Leafy Greens: malunggay, ampalaya, kamote, sayote, sitaw saluyot, himbabaw, kangkong, petsay, mustard, lettuce.

Yellow Vegetables: carrot, squash leaves, flowers, fruit.

GROUP II—VITAMIN C-RICH FOODS

One or more servings daily

(1 medium size fruit or 1 slice of a big fruit per serving)

Cashew, guava, guwayabano, ratilis, pomelo, papaya, durian, naranghita, kamatsili, atis, strawberry, anonas, mango, tamarind, melon, tomatoes, sinigwelas.

GROUP III—OTHER FRUITS AND VEGETABLES

Two or more servings daily

(1 serving—1/2 cup, cooked; or 1 cup, raw).

Okra, paayap, kadyos, labanos, abitsuwelas, sigarilyas, malunggay (fruit), ampalaya, banana bud, mabulo, pineapple, chico, jackfruit, santol, kaimito, granada, duhat, watermelon, avocado, patola, eggplant, banana, makopa.

GROUP IV—FAT-RICH FOODS (3 tablespoons daily)

Butter, enriched margarine, lard, coconut milk, coconut oil, coconut.

GROUP V—PROTEIN-RICH FOODS

Whole milk (all kinds). If evaporated milk is used, mix 1 part with 1 part water to make whole milk.

Pregnant and nursing mothers	2 cups
Children	3-4 cups
Meat, fish or poultry (1 serving — as big as a matchbox)	3 servings
Eggs	2-3 a week
Dried beans or nuts — 1 serving (½ cup, cooked)	

Beef, pork (lean), sausage, ham, other types of meat, liver, heart, kidney, and other internal organs, chicken, dilis and other kinds of fish, shrimps, tulya and other shellfish, dried beans or nuts

GROUP VI—RICE AND OTHER ENERGY FOODS

Rice—3 servings daily (1 serving — 1/2 cup raw or 1 cup packed, cooked)

Root crops—1 serving (1 medium size or 1 cup, sliced)

Enriched rice, corn, sweet potato, suman, palitaw, ube, gabi, pinipig, bread, panutsa, candied fruits.

All these six basic food groups can be utilized in the three meals of the day. The following menu patterns clearly indicate where each of the food groups is used.

The menu pattern for breakfast is:

Fruit or fruit juice —	Papaya slice with lemon
Main dish	Scrambled eggs
Cereal or bread	Fried rice
Beverage	Hot milk chocolate

Lunch and supper do not differ very much. What is needed for lunch depends upon what was served for breakfast and what will be served for supper. The menu pattern is:

Lunch

Main dish with vegetables or salad —	Pocherong Manok with its own vegetables
Cereal	Rice
Dessert	Leche Flan

Supper

Main dish	Fish with tomatoes
Vegetables	Kangkong salad
Cereal	Rice
Dessert	Banana

Planning your meals will depend largely upon your family preferences, traditions, budget and your own cooking ability. Menus should be able to help you in your meal planning. Here is why:

1. Menus outline the diet daily, thus you can check the essential food elements necessary in maintaining health.
2. They also provide variety, not only in food itself but in the method of preparation.
3. New recipes, food combinations and left-overs can be used to the best advantage. You will be a more versatile cook if you continue to build up your recipe library.
4. Menus are the answer to the recurring question of many housewives: "What shall I serve today?"

Decide as to the length of each of your menu plan. Some go on a day-to-day schedule. However, menu planning to be effective should be for more than a day, at least for three days. Others prepare weekly menus, others on every two-week basis, and still others on monthly basis.

When planning the menu, make it flexible and learn to use substitutes. Sometimes what you listed is not available in the market, so go ahead and change, making sure it is in the same food group. This way, you will not become flustered.

When studying your menu, look ahead to the next day. This will save you last minute preparation. For instance, your recipe calls for tenderized tripe the following day. If you do not have a pressure cooker, you can very well start today tenderizing the tripe dish for tomorrow.

The following is a suggestive menu plan for a thirty-day period:

SUGGESTIVE THIRTY DAYS MENU

Breakfast	*Lunch*	*Supper*
Calamansi juice Fried native sausage Tomatoes w/ red eggs Fried rice Coffee	Pesang dalag or any fish Misu sauce Sweet sour spareribs Rice Glazed camote	Upo tinola Pig's feet estofado Rice Fresh banana
Ripe papaya slices Pork and beans Bread Butter or margarine Chocolate or milk	Fish balls soup Tenderloin steak Lettuce leaf salad Rice Molded gulaman	Sauteed togue Meatballs w/ sweet sour sauce Rice Peanut brittle
Ripe avocado or fruit in season Champorado Fried or roasted dried fish Coffee	Squash w/ coconut milk Broiled fish (bangus) Rice Fried saba	Pancit mami Pork binagoongan Rice Bananas
Fresh fruit medley Fried pan de sal w/ meat filling Chocolate	Chicken tinola Fried dried fish Bukayo	Clam soup Beef w/ tomato sauce Rice Sweet condol
Pineapple juice Paksiw na isda Fried rice Chocolate	Fish sinigang Broiled pork Rice Sweet kaong	Pinakbet Pig's tongue asado Rice Banana
Toasted pinipig w/ chocolate Scrambled eggs Bread and butter or margarine	Misua soup Potaje de habichuelas Rice Fresh fruit	Sauteed siguidillas Macaroni w/ tomato sauce Sweet rimas
Orange juice Meat loaf slices Bread Chocolate	Vegetable soup Fried lumpia shanghai Camote leaves salad Rice Bread pudding	Sauteed bamboo shoots Fried pork chops Rice Camote in syrup
Calamansi juice Hot cakes Bacon and eggs Chocolate	Chicken soup Fresh lumpia Rice Papaya slices	Dinuguan Pansit luglog Rice Turron de mani
Pineapple slices Puto-Dinuguan White cheese Coffee	Prehil Chop suey Rice Yemas	Callos Lettuce tomato salad Rice Meringue cups
Bananas w/ milk Tapa beef Salted eggs and tomatoes Fried rice Chocolate	Fish balls w/ sweet sour sauce Mongo guisado w/ ampalaya leaves Sweetened bananas	Chicken Eggplant omelet Rice Tomato salad Peanut brittle

Breakfast	*Lunch*	*Supper*
Ripe papaya Fried rice Fried beef tapa Coffee	Boiled beef stew Fresh lumpia Rice Buko sherbet	Vermicelli soup Meat loaf w/ tomato sauce Sauteed cabbage Rice Bananas
Calamansi juice Hot cakes Bacon Coffee	Patola w/misua soup Squid adobo Lettuce tomato salad Rice Mangoes	Sauteed pechay Beef steak w/ onions Rice Bananas
Papaya juice Frankfurter omelet Bread Coffee	Bachoy Fried lumpia Rice Banana in syrup	Clam soup Pork-liver adobo Rice Sweet condol
Pineapple Potato omelet Chocolate	Fish pesa Broiled pork chop Bukayo Rice	Sauteed white squash Beef asado Rice Mango
Papaya slices Fried meat slices Rice Coffee	Beef pochero Rice Leche flan	Pansit Fish w/ sweet sour sauce Rice Jam
Avocado Corned beef sauteed Bread Chocolate	Fish sinigang Beef steak Rice Sweetened nangka	Mongo guisado Fish escabeche Rice Fruit medley
Ripe papaya Daeng, bangus Tomatoes Fried rice Milk or coffee	Corn soup Arroz ala Cubana Rice Sweetened mangoes	Macaroni soup Broiled meat Rice Bananas
Pineapple juice Bacon Scrambled eggs Bread and butter Chocolate	Kari-kari de pata Bagoong alamang Rice Gulaman w/ fruits	Sauteed pechay Pork barbecue Rice Sweetened saba
Fresh fruit Toasted dilis Tomatoes w/ salted eggs Rice	Pork sinigang Fried dilis Rice Buko sherbet	Sauteed stringbeans Spaghetti Rice Pineapple slices
Pineapple slices Corned beef omelet Rice Coffee or milk	Bulanglang Fish cardillo Rice Bukayo	Meatballs w/ sweet sour sauce Rice Leche flan

Breakfast	*Lunch*	*Supper*
Calamansi juice Fried tinapa Tomatoes w/ salted eggs Rice Chocolate	Sopa de fideos Pata w/ garbanzos Stringbeans salad Rice Oranges	Baked pork chop Chop suey Rice Mango
Banana slices w/ milk Sunny side eggs Vienna sausage Bread and butter Coffee or milk	Fish (Spanish style) Achara Pancit canton Rice Nata de coco	Sauteed sitsaro Shrimp curry Pickles or chutney Rice Bananas
Mango slices Fish paksiw Fried rice Chocolate	Beef sinigang Crabs w/ tausi Rice Fried saba	Sauteed sitao Rellenong bangus Rice Budin
Fresh fruit cup Champorado Broiled or fried daeng Coffee	Sotanghon soup Pescado ala Jardinera Rice Santol Marmalade	Lengua estofada Sauteed mongo Rice Polvoron
Orange fruit Pork tapa Rice Coffee	Lengua Escarlata Cabbage salad Rice Mango	Pansit bihon Shrimps w/ peas Kangkong salad Rice Luzon avocado
Pineapple juice Peas omelet Bread Chocolate	Humba Gabi leaves w/coconut milk Rice Ube jam	Picadillo Ukoy Nangka salad Rice Pineapple slices
Avocado w/ milk Hamburger Bread Coffee	Fish tinola Lumpia ubod Rice Candied camote	Caldereta Eggplant omelet Rice Mango in cream
Calamansi juice Scrambled eggs Fried fish w/ tomatoes Rice Chocolate	Mechado Amargoso salad Rice Santol jam	Baked tanguingue Sauteed beans Rice Maja blanca
Mango Tinapa w/ tomatoes Rice Chocolate	Liver fritada Sauteed cabbage Rice Candied rimas	Broiled fish Pinacbet Rice Guavas in coconut milk
Pineapple juice Burong baboy Rice Chocolate	Stuffed shrimps Chayote w/ eggs Rice Banana turron	Chicken curry Coleslaw salad Rice Mango

GENERAL SUGGESTIONS

With a little careful planning, food costs can be kept to a minimum and meals made just as attractive and nutritious. Scan the ideas in this section. See what they suggest to you. Whether your budget is high, middle or low, here are some tips to make meals look and taste more extravagant than they are:

Add eye and appetite appeal with attractive color, texture and flavor combinations.

Always serve hot food piping hot; cold ones, well chilled.

Make meal planning a family project. When everyone has a chance to make suggestions, favorite foods are enjoyed better.

When you know you are going to have left-overs, turn them into "planned-overs."

Take full advantage of spices and seasonings; occasionally experiment with unusual recipes.

Keep a record of low-cost family favorites. It will come in handy on nights when you can't think of anything to serve that won't strain the budget.

Watch magazines, TV and package directions for ingenious ways to dress up a meal for a few centavos. Some possibilities: colorful garnishes, new ways of serving, surprise ingredients.

SHOPPING TIPS

Intelligent shopping can save money, time and energy. How well you shop is a test of your skill in judging products and controlling money.

A shopping list is recommended. If you've made meal plans for the week, putting the list together is simple. Look over your menus, check ingredients in recipes and write down what you need. Look in the refrigerator and freezer, on the pantry shelves, and add any staples that are running low. (If you've kept a scratch pad in the kitchen and jotted down foods as the supply dwindled, this will take only a minute).

Study the food ads for the day before doing your shopping. They will alert you to bargains, tell you which foods are good buys. After looking these over, make substitutions or additions if you like.

You'll save money by buying in quantity: by the dozen, the giant size, the case. But if food is perishable, or if you do not have sufficient storage space, buy only what you can reasonably expect to consume within a short time.

By then, in all probability, you'll have an extensive list. Take just a few more minutes to organize it. List foods in the order that they are stocked on the shelves of your store.

Once you've made your list, stick to it. Buying on impulse is not conducive to staying within the budget. But watch for special sales and real bargains. If they are something you really need, or if they are appealing and just as nutritious as the item on your list, feel free to make a substitution. As you buy each item, cross it off the list. When a list is long, it's easy to miss an essential item.

Basically, you'll buy two types of foods on your shopping trip: fresh and processed. Fresh foods include all those we purchase in their original form — meat, eggs, milk, fruit and vegetables, etc.; processed include foods that are canned, packaged, frozen, baked — any form other than the original.

Fresh foods are sold by weight, by measure, or by quantity — dozen, bunch or bag. They may or may not be prewrapped. Color, texture, firmness and other visible characteristics are your best guides to the freshness of these foods. Because meat usually claims a fourth to a third of the family food budget, and because it is our most valued source of protein and minerals, careful meat shopping is well worth the time and trouble it takes. All kinds of meat — beef, lamb, pork — are high in food value. Inexpensive cuts of meat are just as nutritious as more expensive ones; lower grades as nutritious as choice or prime. And, properly cooked, they're just as tasty as the most costly of cuts. It's worth your while to learn all you can about meat — study displays, ask questions of the meat dealer, learn to recognize the various kinds of cuts displayed in the store.

1) *Figure out how many servings you will get per kilo of meat purchased.* The price may seem low, but actually be quite expensive when a cut contains large amounts of bone and other waste. Half kilo of boneless meat, such as ground beef, canned meat or boned meat, will serve four people. A kilo with a small amount of bone — round steak of ham, for example — will serve six. A kilo of spareribs will serve only two or four.

2) *Consider how you will use the meat.* Meat for a special occasion will probably be quite expensive. But for hamburger or casserole dishes, ground chuck may serve as well as more expensive ground round. Purchasing hamburger or

sausage with excessive fat that fries out is not a real saving. But proper cooking can make meat of a lower grade as palatable as a more expensive cut.

3) *Look for and learn to recognize signs of quality.* Visible signs of high quality are fine grain, firmness and moistness. A moderately thick layer of firm fat covering outer edge, and marbling (small flecks of fat throughout meat) add tenderness, flavor and juiciness.

4) *In addition to fresh meat, smoked, cured and cooked meat are also available.* Among these types are ham and bacon, corned beef, sausage and luncheon meats; kinds and quality vary widely; your best guide is the reliability of the meat packer and store.

Quality in fruits and vegetables is something you can usually see. Learn to recognize quality characteristics: color and shape, degree of ripeness, freedom from defects. Avoid any that show excessive deterioration, particularly if you do not plan to use them immediately. Even when offered at a reduced price, they are not economical if too much is waste.

Learn to distinguish between defects that affect only appearance and those that affect eating quality. The distinction is worth making because the price is almost always lower. Many surface blemishes can be removed in normal preparation, and should not necessarily be regarded as detrimental.

Remember that the largest size is not always the best quality nor the most economical. Buying by weight usually gives you the greatest value.

Small fruits and vegetables in supermarkets are often sold by measure in various containers. With these, watch to see that you get a full, closely packed measure. Such containers may also be "faced" with the best specimens, but this top layer underlined with ordinary or poor produce.

Fruits and vegetables in season, particularly if grown in nearby areas, are often low in price. Learn the season. Refer to the Appendix. You'll find that fruits and vegetables in season are at their peak in flavor, quality and appearance. Watch for market reports informing you of foods in good supply.

One last word: Handle fruits and vegetables with care, and do not handle them unnecessarily. Interior quality can be damaged and flavor impaired by rough handling.

When you shop for processed food, your best buying guide is the label. Besides telling what's in the package, it gives such information as amount by weight or volume, brand name, name and address of the producer or distributor and often directions or suggestions for use.

When you try a new product for the first time, it's wise to buy only one can or package, until you decide whether or not it's satisfactory.

Canned foods are foods which have been permanently sealed in a container after whatever preliminary preparation is required; they are then heated enough to prevent spoilage. Containers may be glass or metal; either preserves the food indefinitely as long as the container is unopened.

Always read the label, when you buy canned foods. Look for contents and net weight, also for the quality grade. Compare differences in price with differences in quantity and quality. It will involve a little mental arithmetic, but the centavos you save soon add up to pesos.

Dents or rust on the outside of a can will not harm the food inside unless they are severe enough to cause a leak. But occasionally dents, rust or torn labels will bring down the price. Cans with any evidence of leakage should be avoided. So should bulged or swollen cans, conditions which indicate spoilage.

Look for special prices on purchases of more than one can of the same type of food. Buy such a food if it is one your family enjoys. No food is a bargain if it goes uneaten.

Packaged mixes will rarely save you money, but they do save time and energy, and make it possible to enjoy treats that many of us would never otherwise attempt. There's a mix nowadays for almost everything imaginable: cake, frosting, breads, ice cream, pudding, soup, even main dishes. The dehydrated soup mixes are very popular among busy housewives.

Take a minute to estimate how much you are paying for convenience when you buy a packaged mix. Compare the cost of the mix — including any ingredients you add — with the cost of making it yourself, with the cost of buying it ready-made or in another convenience form. Check, too, the amount a package makes.

Read the direction to see exactly how much preparation is called for. Has enough of your work been done to justify the added cost?

AFTER MARKETING

Store each item bought in its proper place. Fruits and vegetables should be stored in the vegetable bin of the refrigerator or in a cool dry place of your kitchen. Meat and fish go to the freezer section of the refrigerator. Canned items go to the storage cabinet or food shelf.

Now you are ready to cook. First get the recipes and learn to follow them correctly.

1. Read the recipe carefully and thoughtfully.
2. Check your supplies.
3. Refer to the glossary of cookery terms (Common Terms used in Cookery) and definitions if any word or term is not understood.
4. Assemble all your ingredients.
5. Assemble all your measuring and working equipment.
6. Do all possible preparation in advance. (For example greasing of pans, parboiling meat, etc.)
7. If necessary, preheat oven to desired temperature.
8. Measure ingredients accurately.
9. Follow the recipe instruction correctly.
10. Do not stop while combining ingredients or completing a process.

SPECIAL AIDS

For the convenience of the homemaker who will use this manual, two sets of useful vocabularies have been included. The first set of vocabulary, under the title COMMON TERMS USED IN COOKERY, contains verbs or action words mentioned in the recipes. This is placed just before the selected recipes.

The second set, under the title PHILIPPINE COOKERY REFERENCE VOCABULARY, contains words and phrases most commonly used in culinary conversation and culinary activities in the Philippines. This is placed at the end of Part One of the book.

The reference vocabularies have been compiled from many sources.

A list of the most common Philippine fruits and vegetables showing the time of their availability and the height of their season is included as an Appendix to this manual.

COMMON ABBREVIATIONS AND TABLE OF STANDARD MEASURES AND EQUIVALENTS

Tbsp.	tablespoon
tsp.	teaspoon
c	Cup
Dash or few grains	less than 1/8 tsp.
3 tsp.	1 tbsp.
2 tbsp.	1/8 c
4 tbsp.	1/4 c
5 tbsp. plus 1 tsp.	1/3 c
8 tbsp.	1/2 c
10 tbsp. plus 2 tsp.	2/3 c
12 tbsp.	3/4 c
16 tbsp.	1 c
2 c	1 pt. (pint)
4 c or 2 pts	1 qt. (quart)
4 qts	1 gal. (gallon)

COMMON TERMS USED IN COOKERY

Bake — to cook by dry heat, usually in the oven. When referring to meat, the term used is "to roast."

Barbecue — to roast meat slowly on a spit over coals, or in the oven, basting frequently with a highly seasoned sauce.

Baste — to moisten foods during cooking with pan dripping water, or special sauce to prevent drying or add flavor.

Batter — a semi-liquid mixture of flour, liquid, etc. thin enough to be poured.

Beat — to mix smooth and light with a brisk even, rotary motion.

Blanch — to pour boiling water over foods to loosen skin, remove color, or set color, and wilt leaves.

Blend — to combine two or more ingredients until smooth.

Boil — to cook in liquid at boiling temperature.

Braise — to brown in a small amount of hot fat, then add a small amount of liquid and cook slowly in tightly covered utensils on top of range or in oven.

Bread — to coat with bread crumbs alone or mixture of beaten eggs and roll in crumbs.

Broil — to cook by direct heat, usually in broiler or over coals.

Candy — to cook in sugar or syrup when applied to sweet potatoes or carrots, when applied to fruits, fruit peel or ginger, to cook in heavy syrup until plump and transparent.

Carmelize — to melt sugar slowly over low heat until it becomes brown in color.

Chop — to cut into small even pieces.

Combine — to mix enough to mingle ingredients.

Cook — to prepare using heat.

Cream — to make soft, smooth and creamy.

Cube — to cut in even-sided pieces.

Cut-in — to distribute a solid mixture in small pieces evenly throughout the dry mixture, using cutting motion.

Dice — to cut very small cubes.

Dissolve — to cause a dry substance to pass into solution in a liquid.

Dot — to scatter small pieces on the surface.

Dough — a stiffened mixture of flour, liquid, etc. thick enough to be kneaded or rolled.

Dredge — to sprinkle or coat lightly with a dry substance.

Evaporate — to heat until dry and concentrated.

Flake — to break lightly into small pieces.

Flour — to cover with a thin film of flour.

Fricassee — to cook by braising, usually applied to fowl or rabbit.

Fry — to cook in hot fat.
To cook in a small amount of fat is called *Pan frying* or sauteing; to cook in an inch layer of fat is called *Shallow fat frying;* to cook in a deep layer of fat is called *Deep-fat frying.*

Garnish — to decorate with small pieces of colorful food.

Glaze — to coat with a thin syrup cooked to cracked stage. When used on pie or bread, mixture may be thickened slightly.

Grate — to rub on a grater that separates the food in various sizes of bits or shreds.

Grind — to reduce to small pieces of powder.

Julienne — to cut food in matchlike strips.

Knead — to work and press dough with the palms of the hands, turning a small amount after each push.

Lard — to insert a strip of fat in gashes made in mats; or to place slices of fat on top of uncooked lean meat or fish for flavor, or to prevent dryness.

Marinate — to allow a food to stand in a liquid, usually French dressing or a mixture of oil and vinegar; to soften or add to the flavor.

Mash — to make soft by pressing or beating.

Melt — to liquefy by heat.

Mince — to cut or chop fine.

Mix — to combine ingredients, usually by stirring.

Pan-broil — to cook uncovered in a hot frying pan, pouring off fat as it accumulates.

Pan-fry — to cook in small amount of fat.

Par-boil — to boil in water until partially cooked.

Pare — to cut away outer covering, as potato or apple.

Paste — a fine, smooth mixture.

Pasteurize — to preserve food by heating sufficiently to destroy bacteria. Generally applied to milk, fruit juices and preserves.

Peel — to remove pits (seeds and core) from fruits.

Poach — to cook in hot liquid, being careful that food holds shape.

Puree — to make a smooth, semi-liquid mixture by rubbing through a sieve.

Roast — to cook by dry heat, usually in the oven.

Saute — to cook in small amount of fat.

Scald — to bring to a temperature just below the boiling point.

Scallop — to bake a food, usually in a casserole with sauce or other liquid; food and sauce may be mixed together or arranged in alternate layers. Crumbs are usually sprinkled on top.

Score — to cut narrow grooves or gashes part way through the outer surface of food.

Scramble — to prepare while cooking until mixture sets.

Sear — to brown quickly by intense heat. This method increases shrinkage, but develops flavor and improve appearances.

Shred — to cut or tear in small, long narrow pieces.

Sift — to put one or more dry ingredients through a sieve once or several times.

Simmer — to cook slowly over very low heat, at a temperature of about 185°F.

Skewer — to pierce with or string on, pointed thin pieces of wood bamboo or metal.

Soften — to mash until smooth and creamy.

Steam — to cook in steam in a pressure cooker, deep-well cooker, double boiler, or a steamer made by fitting a rack in a kettle with a tight cover. A small amount of water is used, more water being added during steaming process if necessary.

Steep — to extract color, flavor, or other qualities from a substance by leaving it in water just below the boiling point.

Sterilize — to destroy micro-organism by boiling, dry heat or steam.

Stew — to simmer slowly in a small amount of liquid for a long time.

Stir — to blend ingredients, using circular motion.

Stock — a liquid in which food has been cooked.

Stuff — to pack a mixture into a cavity.

Toast — to brown by direct heat.

Toss — to mix ingredients lightly.

Truss — to tie fowl or other meat with metal or wooden pins (skewers) to hold its shape during cooking.

Unmold — to loosen and remove from a container.

Whip — to incorporate air into a mixture by beating with a brisk, even rotary motion.

Selected Recipes

Soups

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LIBERTY

EXTRA RICH, EXTRA CREAMY!
FOR DRINKING, CREAMING, COOKING AND BAKING!

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FILLED MILK
VITAMINS A&D ENRICHED
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FILLED MILK
VITAMINS A, D & B. ENRICHED
LIBERTY
SWEETENED CONDENSED
FILLED MILK

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BRAIN SOUP

1 pig's brain or half ox brain, cubed boiled, deveined and cleaned
1 tbsp. garlic, macerated
1 tbsp. onions, sliced fine
1 tbsp. carrot, chopped
1-1/2 tsp. salt
1/2 tsp. pepper
4 c broth or rice water
2 tbsp. tomato catsup

* Heat fat in a saucepan and saute garlic, onion and carrots.
* Add brain and season with salt and pepper.
* Add broth and bring to a boil.
* Just before removing from fire, stir in tomato catsup.
* Serves 6.

BUKO-CHICKEN SOUP

2 c buko meat, diced
1 c boiled cassava, diced
6 c chicken broth
1/4 tsp. pepper
2 tsp. salt

* Strain chicken broth; let boil.
* Add diced buko meat and cassava.
* Season and let simmer.
* Serve hot for 6 — 8 persons.

CAULIFLOWER SOUP

1 tbsp. fat
2 tbsp. ground pork
2 tbsp. green onions, sliced fine
1/2 c chopped tomatoes
1/4 tsp. pepper
1 tsp. salt
1 c cut cauliflower
3 c broth or rice water

* Heat the fat in a saucepan.
* Add the ground pork and tomatoes. Cook until tender.
* Add green onions, seasonings and cauliflower. Cook until vegetables are tender.
* Add broth and simmer until ready to serve.
* Serves 6.

[redacted] [redacted]

CLAMS SINUAM WITH MALUNGGAY LEAVES

12 c clams
1 tbsp. fat or oil
1 tbsp. garlic, macerated
1/2 c onions, sliced
1 small piece ginger, pounded
2 tbsp. patis
1/2 tsp. pepper.
1 c malunggay leaves
4 c clam broth

- Cook the clams in 4 c boiling water. Let clams open its shell and remove flesh.
- Saute garlic in fat until light brown.
- Add onion and ginger.
- Season with patis and pepper.
- Add clams, malunggay leaves and clam broth.
- Let simmer for 5 minutes.
- Serve hot for 6.

CORN SOUP

2 c fresh corn, sliced from the cob
1 tbsp. fat
1/2 tbsp. garlic, macerated
1/2 c onions, sliced
1/2 c tomatoes, sliced
1/2 c chicken meat or ground pork
5 c chicken broth or any meat broth
2 tbsp. patis
2 tsp. sugar

- Saute garlic until light brown in the hot fat.
- Add onions and tomatoes; cook until tender.
- Add chicken meat or ground pork; cook until done.
- Add corn and broth; season and cook until corn is tender.
- Soup should be slightly thick; if not, thicken slightly with 2 tsp. cornstarch dispersed in 1 tbsp. water.
- Cook over low heat.
- Serve hot for 6.

CORN SOUP WITH AMARGOSO LEAVES

2 tbsp. fat or oil
2 segments garlic, macerated
1 small onion, sliced
1/2 c pork sliced thinly

1/2 c shrimps, halved
2 c corn sliced from the cob
4 c amargoso leaves
1 tbsp. patis
1/4 tsp. sugar

- Saute garlic in hot fat until light brown.
- Add onions, pork and shrimps; cook until done.
- Add corn, rice water and cook until corn is tender.
- Season and add amargoso leaves.
- Do not stir anymore.
- Serve hot for 6.

EGGS WITH MISUA

1 c misua
2 eggs, beaten slightly
1 tbsp. fat or oil
1 tbsp. garlic, macerated
1/2 onion, sliced
4 c broth
1 tsp. salt
1/4 tsp. pepper

- Saute garlic until light brown in hot fat.
- Add onions and fry until tender.
- Add broth and seasonings; let simmer.
- Add misua and cook for 2-3 minutes.
- Just before serving, add in eggs.
- Serve hot for 6.

GIBLET SOUP

Gizzard, liver, blood and heart of a chicken
2 tbsp. oil
1 tbsp. garlic, macerated
1 onion, sliced
Small piece ginger, cut into strips
5 c chicken broth
Croutons

- Let the gizzard, liver, blood and heart boil in water.
- Cut into strips
- Saute in hot oil the garlic, onion and ginger.
- Add the gizzard and chicken broth.
- Let boil and season with

1-1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. monosodium glutamate (Ajinomoto)

* Serve hot with croutons on top.
* Serves 6.

HOMEMADE BEEF-VEGETABLE SOUP

1-1/2 k beef shanks and bones with marrow
8-10 c rice water
1 tsp. peppercorns, whole
1 small bay leaf
1/4 c diced carrots
1/4 c diced chayote
1/4 c diced onions
1/2 c cabbage, sliced
1 tbsp. salt

* Remove lean meat from bones and cut into cubes.
* Saute the beef in marrow and place in a deep heavy saucepan. Add the rest of the bones and marrow.
* Cover with rice water, peppercorns and bay leaf.
* Let simmer until beef is tender.
* Add vegetables and salt.
* Other vegetables may be added as desired.
* Serves 6 — 8.

MEATBALLS WITH SOTANGHON

1/2 c peanuts, boiled and chopped
1/2 c ground pork
2 tbsp. onions, chopped
1 egg
1 tbsp. flour
1 tsp. salt
1/4 tsp. pepper
1 tbsp. fat
2 segments garlic, macerated
2 tbsp. onion, sliced
4 c broth
1/2 c sotanghon, soaked and cut short
1 tbsp. soy sauce
1 tsp. pepper
1/4 c green onions, cut fine

- Combine the first seven ingredients. Form into balls.
- Saute the garlic in hot fat; add onion and broth. Bring to a boil.
- Drop meatballs one by one and cook for 5 minutes.
- Add sotanghon and cook another 5 minutes
- Season and serve hot with green onions on top.
- Serves 6.

PATOLA-MISUA SOUP

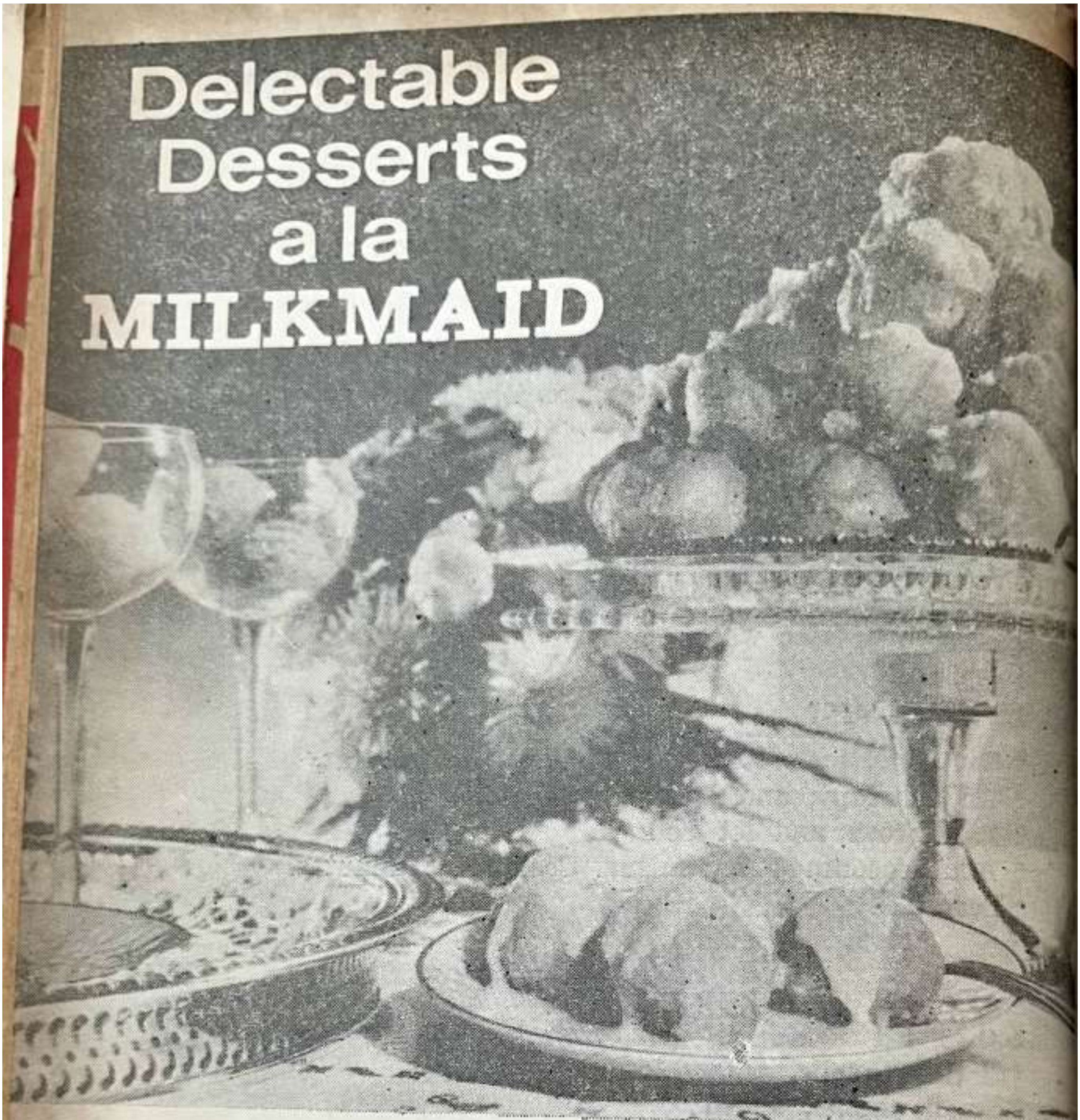
1 medium sized patola, cut diagonally
1 tbsp. fat
1/2 tbsp. garlic, macerated
2 tbsp. onions, sliced
1/4 c tomatoes, sliced
1/4 c shelled shrimps, halved
2 pieces bacon, cut into pieces (optional)
4 c broth or rice water
1 tsp. salt
1/2 tsp. pepper

- Saute garlic, onions and tomatoes in hot fat.
- Add shrimps and bacon, and patola.
- Add broth and let boil.
- Add seasonings and misua. Cook for 3 minutes.
- Serves 6.

SOPA DE FIDEOS

2 tbsp. fat
1/2 tbsp. garlic, macerated
1 small onions, sliced
3/4 c ground beef or pork, as desired
4 c broth
1/2 c fideos, cut
2 tbsp. soy sauce
1/2 tsp. pepper
1 egg, scrambled and cut into pieces

- Saute garlic in hot fat.
- Add onions and ground meat, cook until done.
- Add broth and seasonings; bring to a boil.
- Add fideos and cook until done.
- Add eggstrips and serve hot.
- Serves 6.



Delectable Desserts a la MILKMAID

puffs with **MILKMAID**

Ingredients:
1/2 cup water, 1/4 cup butter, margarine or shortening, 1/2 cup all-purpose flour, 1/4 teaspoon salt, 2 eggs, cooking oil and MILKMAID Sweetened Condensed Milk.

Procedure:
Put water and butter in a saucepan and bring mixture to a boil. Add flour and salt. Cook over medium heat, stirring constantly, until mixture leaves sides of pan and forms a ball of dough. Remove from heat. Add eggs one at a time and beat well after each addition. Drop from a teaspoon into hot cooking oil. Fry to a golden brown. Serve with MILKMAID Sweetened Condensed Milk.

For more FREE cooking ideas, write to: Nestle Test Kitchen, P.O. Box 155, Manila.

Selected Recipes

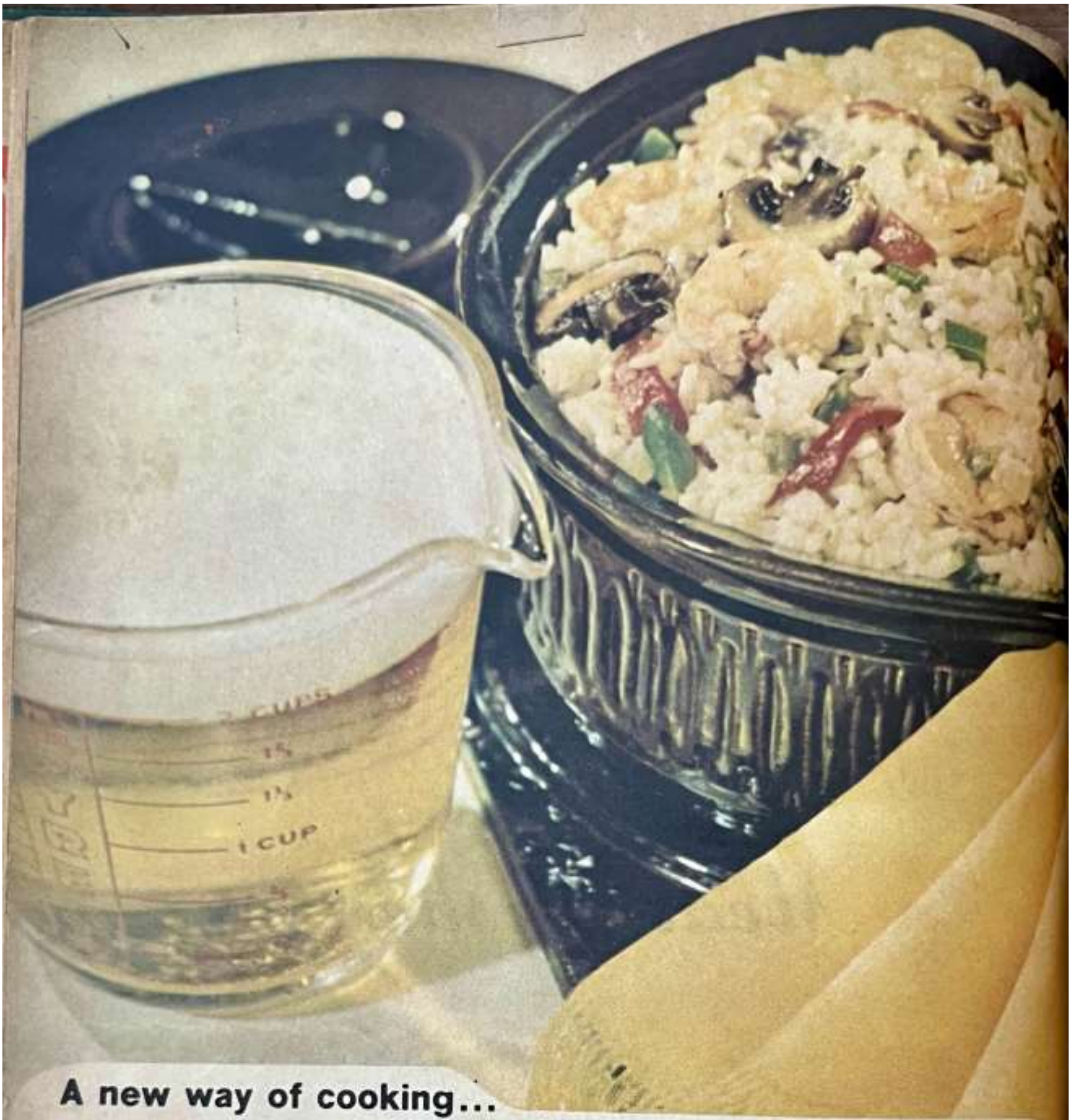
Meat Dishes

Beef

Pork

Poultry

Other Meats



A new way of cooking...

Cooking with Beer !

San Miguel
Pale Pilsen

Shrimp and Rice San Miguel

1	kilo raw shrimp washed shelled and deveined
4	cups SAN MIGUEL BEER
2	tablespoons calamansi juice
1	teaspoon salt
1/4	teaspoon black pepper
1	bay leat
3	tablespoons butter
1/2	cup diced onions
1	cup uncooked rice
3/4	cup diced green pepper
1/2	pound mushrooms, sliced
2	pimientos sliced

Combine the shrimp, beer, calamansi juice, salt, pepper and bay leaf and bring them to a boil. Cook for 5 minutes. Drain-reserve the stock. Melt the butter in a saucepan. Add the onions and rice; cook over medium heat stirring constantly until lightly browned. Add about 2 1/2 cups of the stock you saved (or enough to steam the rice) : the green pepper and mushrooms. Cover, cook over low heat for 15 minutes or until rice is tender. Add the shrimp and pimiento. Serves 4 to 6. Shrimp and rice San Miguel.

So good . . . ayos na ang kasunod.

ALMONDIGAS

1 c ground beef
1 c ground pork
1 egg
1 tsp. salt
1/4 tsp. pepper
1 tbsp. oil
3 segments garlic, macerated
1 onion chopped
4 c broth or rice water
2 tsp. soy sauce

* Combine the first five ingredients and form into balls.
* Saute in oil the garlic, onion and tomatoes.
* Add the broth and let boil.
* Drop in meat balls slowly and let simmer until meat is done.
* Season and serve hot for 6.

BEEF ROLLS

6 slices, top round steak (1 k.)
2 tsp. salt
1 tsp. pepper
6 strips bacon, pan fried and chopped
1 large onion, chopped
3 tbsp. chopped sweet pickles
Sauce:
1/2 c water
1/2 c tomato catsup
1 tsp. salt
1/2 tsp. pepper

* Season with salt and pepper the beef slices.
* Combine rest of ingredients and wrap in the beef slices. Roll and tie both ends.
* Fry in hot fat until brown.
* Remove excess fat and add ingredients for sauce. Simmer until meat is tender.
* Serve hot for 6.

BEEF SINIGANG

Materials in sinigang:
1/2 k beef, cut into serving pieces
200 grams pork, cut into serving pieces
2 med. sized tomatoes, quartered
1/2 c tamarind fruit
3 med. sized radish, cut into cubes
2 c kangkong leaves and stem
8 c rice water
1/4 patis
1/2 tsp. pepper

- * Place rice water, tamarind and tomatoes in a saucepan. Let boil.
- * Add pork and beef.
- * When tender, mash tamarind fruit and strain off seeds and skin.
- * Add vegetables and cook 15 minutes.
- * Season with patis and pepper.
- * Serve hot for 8.

SINIGANG

Sinigang is a preparation of meat or fish cooked with sour fruit, tomatoes, vegetables and rice water.

The sour fruit commonly used are santol, green or ripe guavas, kamias, tamarind fruit or young tamarind flowers, katmon, balimbing and kalamansi. Sour liquid of fermented vegetables and fruits may also be used such as burong mustaza, green mangoes and pajo.

The meat preparation is different from that of the fish. Green tamarind fruits and flowers are recommended for souring. They are boiled first in the rice water. When tender, they are crushed and strained. Then the meat and tomatoes are added. When the meat is tender, the vegetables are added.

The fish preparation differs in that the vegetables and souring fruit are first boiled and when half done, the fish is added.

BEEF TAPA

1 k beef, sliced thinly for tapa
1 head garlic, macerated
3/4 c vinegar

1 tbsp. salt
1 tsp. black pepper
1/4 c sugar

- Soak meat slices with rest of ingredients overnight.
- Sun dry the next day.
- To serve, fry or broil.
- Serve hot for 8.

BEEF WITH PEAS

1 k lean beef, cut into serving pieces
1 tbsp. salt
1/2 tsp. pepper
2 tbsp. oil
1/2 head garlic, macerated
1 onion, sliced
1/2 c tomato sauce
1/2 c water
1 tsp. sugar
1 c peas
Red and green pepper slices

- Season beef with salt and pepper and let stand a few hours or overnight.
- Heat oil and fry meat until brown; set aside.
- Saute garlic, onion until brown; and meat, tomato sauce and water.
- Let simmer until meat is tender.
- Add sugar, peas and pepper slices.
- Serve hot for 8.

CALDERETA

Note: Caldereta is usually prepared with goat's meat. But lamb and beef may be used instead.

1 k meat, cut into squares, marinated overnight.
1 c fat
1 head garlic, macerated
2 large onions, chopped
1 8-oz. can tomato sauce
6 potatoes, quartered
3 red pepper, quartered
1 c sweet peas
1/2 c olives
2 tsp. salt
1 tsp. pepper

Few drops of tabasco sauce, if desired
liver gravy
Marinade:
1 head garlic, macerated
1 c vinegar
1 tbsp. salt
1 tsp. pepper
Liver gravy
1/4 k ox liver, ground
2 tbsp. bread crumbs
2 tbsp. vinegar
1 c stock
1 tsp. salt
1/2 tsp. pepper

* Marinate meat chunks in marinade overnight.
* Saute the fat in heavy saucepan, saute meat until light brown.
* Add garlic, onions and tomatoes.
* Cover with enough water or stock and let meat simmer until meat is tender.
* Add potatoes and red pepper.
* Add liver gravy and seasonings together with sweet peas and olives.
* Serve hot for 12.

COCIDO

Cocido is a dish prepared either of meat (beef) or chicken or both. The same manner preparing pochero is employed, using the same ingredients. Beans and peas are added.

The difference lies in the second stage of preparation. In pochero, the meat when tender is sauteed in garlic, onions and plenty of tomatoes. Then the rest of the vegetables are added. Chicken is preferably served whole.

1 beef shank
2 onions, quartered
1 chorizo de Bilbao
1 c garbansos, skinned
2 sweet potatoes, halves
4 saba bananas
1 head cabbage, quartered
3 tbsp. patis
1/4 tsp. pepper

* Place beef shank, cut into pieces, in a deep heavy saucepan.
* Add onions and cover with water. Let simmer until meat is tender.
* Add chorizo, garbansos and sweet potatoes.

- Add saba bananas.
- When potatoes and bananas are done, add cabbage and season to taste.
- Serve hot for 6.

FRITADA

(Beef, Chicken Pork, Liver)

1 k meat, cut into large cubes
2 tbsp. oil
2 tbsp. garlic, macerated
1/3 c tomato sauce
1 green pepper, sliced
3 potatoes, quartered
1/2 c water or broth
1 tsp. pepper
1/4 c patis

- Saute garlic in hot oil.
- Add onions and tomato sauce.
- Add meat if it needs tenderizing and broth. Cover and let simmer until tender.
- Add the vegetables and cook until just done. Add liver after vegetables are cooked.
- Season and serve hot for 6.

GUISADO

The term guisado (sauteed) is used in meat, fish, vegetables and egg dishes which have been cooked in a mixture of sauteed garlic, onions and tomatoes.

Saute the macerated garlic in lard until light brown. The good flavor of guisado depends on the proper browning of the garlic. If the garlic is burnt, it imparts a bitter flavor to the guisado. If it is raw, it does not give the characteristic flavor of guisado.

Add the chopped onions and tomatoes and cook for 5 more minutes. To have a good guisado, the tomatoes must be well cooked in lard. Then add meat, to be cooked. Simmer until tender. (Add broth if necessary for tenderizing.)

HAMBURGER

1 k ground beef
1/4 k ground pork
1-1/2 c onions, chopped
4 eggs

1 c flour
1/2 c soy sauce
1/2 c chopped red and green sweet pepper
1/2 c chopped celery
1/4 c oil
1 tsp. pepper
1 tsp. salt

* Combine all ingredients lightly.
* From into balls and flatten 1/2" thick.
* Pan fry and serve hot with fresh vegetables salad.
* Makes 20 hamburgers.

KARI-KARI

Kari-kari is a popular Tagalog dish.

Most common cuts of beef used are tail, shank or face. A combination of the three may be used. Most gourmands add tripe.

The meat is allowed to tenderize. It is then sauted in garlic, alamang bagoong, achuete, lard, and vegetables. Ground toasted rice and peanuts added during the last stages of cooking thicken the sauce and give the characteristic flavor of Kari-kari.

Most common of the vegetables used are banana bud from the banana heart, sitao, kalabasa leaves, and eggplant. If iron carajay is used, omit the banana bud as it blackens the dish.

Kari-kari is served with sauteed bagoong alamang, and pork adobo. If green mangoes are available, serve as the salad.

1 ox tail, a pair of legs, and face of cow
1/4 c oil
2 tbsp. achuete seeds
1 head garlic, macerated
1 large onion, sliced thinly
6 c broth
1 tbsp. patis
1/4 tsp. pepper
1 banana heart, sliced diagonally
25 pcs. sitaw pods
1/2 c toasted rice, powdered
3/4 c toasted peanuts, chopped Talong

* Clean the ox tail, legs and face and cut into pieces. Wash and place in a deep heavy saucepan with enough water to cover. Let simmer until meat is tender.

* Heat oil and render off coloring from achuete seeds; remove seeds.
* Saute garlic, onions and meat.
* Add broth and season with patis and pepper.
* Add banana heart and cook until tender; and rest of the ingredients.
* Stir carefully to avoid sticking.
* Serve hot with sauteed bagoong.
* Serve hot for 12

LENGUA CON SETAS

1 ox tongue, cleaned and tenderized
1 tbsp. salt
1 tsp. pepper
1 c vino blanco
1/4 c oil
1 c onions, sliced
1/2 c tomato sauce
2 c cooked setas (garbansos)
1 1/2 c water
1/4 c bread crumbs

* Slice ox tongue and marinate in salt, pepper and vino blanco.
* Heat oil; sautee onions and sliced tongue.
* Add tomato sauce, garbansos and water.
* Let simmer until sauce is thick and tongue is tender.
* Add bread crumbs, if necessary to thicken sauce.
* Serve hot for 6.

LENGUA ESCARLATA

1 ox tongue, cleaned and tenderized
1 chorizo de Bilbao
1/4 c soy sauce
1 8-oz. can tomato sauce
1 tbsp. worcestershire sauce
1/2 tsp. pepper
4c broth
1 c mushrooms
1/2 c carrots, diced
1 red pepper, sliced
saba banana, sliced and fried

* In a saucepan combine the first seven ingredients and let tongue simmer until fork tender.
* Add the vegetables and cook until done.
* Serve with fried banana slices.
* Serve hot for 6.

LENGUA ESTOFADA

1 ox tongue, cleaned and tenderized
1/4 c oil
1 tbsp. garlic
1 c vinegar
1/4 c soy sauce
1 bottle San Miguel beer
1/4 c sugar
Fried saba bananas
Fried sweet potatoes

- In a deep saucepan, add the oil and let the tongue brown.
- Add the garlic, vinegar, soy sauce, vino and let tongue simmer until fork tender. Add sugar.
- Thicken sauce with bread crumbs and serve with fried bananas and sweet potatoes.
- Serve hot for 6.

LIVER IN SOY SAUCE

1/2 k ox liver, sliced
1/2 c soy sauce
1 tbsp. kalamansi juice
6 slices bacon
2 c onions, sliced into rings

- Soak liver in soy sauce and kalamansi juice.
- Pan-fry bacon and set aside.
- In the fat, saute onions; set aside.
- Cook liver in remaining fat in the skillet. Let cook for about 5-8 minutes.
- When done, add the marinade mixture.
- Transfer to platter and garnish with bacon and sauteed onions.
- Serve hot for 6.

LIVER WITH PINEAPPLE

1/2 k ox liver, deveined and sliced
2 tbsp. oil.
1 tsp. pepper
1 onion, sliced into rings
1/2 c pineapple tidbits
1/2 c pineapple juice
1/4 c soy sauce
1 tsp. cornstarch

* Season liver slices with salt and pepper.
* In hot fat, saute onion rings; set aside.
* Add liver, slices and cook until red coloring is gone, over low fire.
* Add cornstarch to pineapple juice and mix with the rest of the ingredients; pour over liver.
* Let simmer until sauce as thick.
* Serve with onion rings on top.
* Serve hot for 6.

LOMO GUISADO

1 k tenderloin or round steak
3 tbsp. fat
5 segments garlic, macerated
2 onions, sliced thinly
1 small piece ginger, cut into fine strips
4 big ripe tomatoes, sliced
1/4 c soy sauce
salt and pepper
4-6 c water

* Cut beef into 1 1/2" x 1 1/2" thin.
* Heat fat in saucepan. Saute garlic until brown.
* Add onion and ginger; tomatoes and cook until done.
* Add meat and soy sauce.
* Add water, a little at a time and simmer until meat is done and tender.
* Serve hot for 6-8.

MECHADO

1 k beef, whole with lardoons
4 big tomatoes, halves
4 big onions, quartered
6 potatoes, quartered
1/2 c vinegar
1 tbsp. soy sauce
1/2 tsp. pepper
1 pc. bay leaf
* In a deep heavy saucepan, place meat and the rest of the ingredients.
* Add 1 c hot water while simmering and cook until meat is tender.
* When meat is tender, add 1/4 c oil and cook until meat is brown.
* Serve meat in slices with vegetables.
* Serve hot for 6.

MORCON

1 k lean beef, sliced into thin sheet
1/4 tsp. pepper
2 tsp. salt
1 tsp. soy sauce
1/4 c calamansi juice
1/4 c ground ham
1/2 c ground pork
2 tbsp. cheese, grated
1/4 c sweet pickles, sliced
2 tbsp. raisins
2 hard cooked eggs, quartered
1 unbeaten egg

* Soak the meat with the first four ingredients.
* Combine the rest of the ingredients and spread over the sheet of meat.
*Roll into jelly fashion and secure with string.
* Place in a deep heavy saucepan and add the following:

2 c water
1/2 c vinegar
1 onion, quartered
5 segments garlic, macerated
1/2 c tomato sauce
1/4 tsp. pepper
1/4 c soy sauce
1 pc bay leaf

* Simmer covered until meat is tender.
* Slice and serve with strained sauce.
* Serve hot for 6.

PICADILLO

1 lb. ground beef
2 tbsp. fat
1/2 head garlic, macerated
1 onion, sliced
2 tomatoes, sliced
2 1/2 c broth
1 tsp. salt
1/4 tsp. pepper
2 c cubed potatoes, upo or chayote

* Heat fat in saucepan; saute garlic, onion and tomatoes.
* Add ground beef and cook until done.
* Add cubed vegetables and broth; cook until vegetables are done.
* Season and serve hot.
* Serve hot for 6.

POCHERO (Meat)

Pochero is a Spanish dish which the Filipinos have adopted as their own.

It is beef boiled with Chinese ham, chorizo de bilbao and some vegetables. The vegetables used are eggplant, pechay, cabbage, sweet potatoes, saba, sitao or snap beans.

A sauce made from eggplant, or sweet potatoes or saba with vinegar, macerated garlic, salt and pepper is served with the pochero.

A variation is using chicken with pieces of pork. The dalag (mudfish) may also be used, but no pork is added.

STEAK

(Beef, Liver or Pork)

1/2 k meet, sliced into thin or thick pieces as desired
3 tbsp. soy sauce
1 tbsp. Worcestershire sauce
2 tbsp. calamansi juice
1 tsp. pepper
1 tbsp. oil

* Marinate the meat in the spices for several hours.
* Heat a heavy skillet until very hot.
* Panfry the meat slices until meat is cooked as to desired doneness.
* Let the marinade boil and pour over steaks.
* Serve with fried potatoes, onion rings and fresh vegetables salad.
* Serve hot for 2

TENDERLOIN STEAK

1 k tenderloin sliced into serving portion
1/4 c soy sauce
2 tbsp. calamansi juice
1 tsp. salt
1 tsp. oil
2 large onion, cut into rings
2 large potatoes, French fried

* Soak the meat slices in spices.
* Saute onion rings and set aside.
* Remove excess oil and panfry meat slices to desired doneness.
* Place on platter and garnish with onion rings, french fried potatoes and tomatoes slices.
* Let marinade boil and pour over meat.
* Serve hot for 6.

B. PORK DISHES

ADOBO (Pork)

Adobo is a preparation applied to pork, poultry or fish foods cooked in vinegar, garlic and fat.

The meat is allowed to become tender over low flame and finally browned in its own fat. The presence of garlic gives a desirable flavor to the adobo.

Adobo may be prepared from pork alone, or chicken alone, but a combination of both is preferred by many.

For variation, coconut milk instead of fat is used in browning the adobo.

Secrets in preparing adobo:

1. Soak meat in vinegar, garlic, pepper and salt for at least an hour before cooking.
2. Enough vinegar should be used. The best guide is to use enough vinegar to cover the meat.
3. Use about a tablespoon of salt and half a head of garlic for every kilo of meat.
4. If the meat needs tenderizing, water should be added not at the beginning of the cooking but after it has boiled in vinegar for a while.
5. The garlic is browned with the meat pieces after the meat has tenderized to give a distinct flavor to the adobo.

Almost any fish may be cooked as adobo. But commonly used is the hito, and among the shellfish, the crab and shrimps.

ADOBADO

Adobado is a dish which has all the ingredients of the adobo. The only difference is in final process. In adobado, the meat and garlic are browned and some broth and vinegar are added. Not all the liquid is allowed to evaporate, so that there is little sauce.

BASIC PORK ADOBO

1 k pork, cut into serving pieces
1/2 head garlic, macerated
1 c vinegar or enough to cover meat
1 tsp. peppercorns, crushed
1 tbsp. salt
Water, if meat is tough

* Combine ingredients in a heavy saucepan.
* Simmer until meat is tender. If meat is still tough and there is no more stock, add 1/2 c hot water and continue simmering.
* When tender, add 1 tbsp. fat and brown meat slightly.
* Serve hot for 6.

"BATSOY"

Kidney, pancreas, liver and loin of pork
2 tbsp. oil
2 Segments, garlic, macerated
1 onion, slice fine
1 small piece ginger, cut into strips
rice water (as desired)
2 tbsp. patis
1/2 tsp. pepper
4 misua rings, optional

* Clean the internal organs and cut into small pieces.
* Fry in hot fat until brown.
* Saute garlic, onion and ginger, add fried meat.
* Add enough rice water to cover meat.
* Let simmer until meat is tender.
* Season with patis and pepper.
* If desired, add misua just before serving.
* Serve hot for 6.

BARBECUED PORK CHOPS

8 thick slices pork chops
3/4 c vinegar
3/4 c Del Monte tomato catsup
1 med. onion, chopped
1 tbsp. garlic, macerated
2 tsp. salt
1 tbsp. worcestershire sauce
1/4 tsp. tabasco sauce
3 tbsp. sugar
1/2 c water

* Combine sauce ingredients in a saucepan and let simmer until half the volume.
* Pour sauce over chops and let stand overnight or at least 4 hours.
* Arrange on baking dish and bake at 350° F. for 1 hour.
* Baste once in a while during baking.
* Serve hot for 8.

BINAGO-ONGAN

1 k pork, cut into serving pieces
1/4 c oil
1/2 head garlic, macerated
1 onion, sliced thinly
1 large tomato, sliced
1/2 c bagoong alamang
1/2 c vinegar

* Fry pork pieces in hot oil.
* Saute garlic, onion and tomatoes after pork pieces.
* Add the rest of the ingredients and let simmer until pork is tender.
* Serve hot for 6.

BURUNG BABI
(Pampango)

1 k pork, sliced thinly
1 c sugar
1 c salt
1/4 tsp. salitre (saltpeter)

* Combine all ingredients and soak in meat slices.
* Store pork slices in clay pot for 3 days.
* Sun dry.
* To serve, fry or broil.
* Serve hot for 6.

CURED MEAT TAPA

1 k meat, pork or beef, sliced thinly
1 head garlic, macerated
1 c vinegar
1 c soy sauce
1 tsp. pepper
1 tsp. salt peter
1/2 c sugar

* Combine all ingredients and let stand overnight.
* Sun dry meat for a day.
* To serve, fry or broil.
* Serve with fresh vegetable salad.
* Serves 4.

EMBOTIDO

1 k ground pork
1/2 k frankfurters, chopped fine
1 chorizo de Bilbao, chopped fine
1/2 c mixed relish or chopped sweet pickles
1 onion, chopped
2 tsp. salt
1 tsp. pepper
2 eggs, raw
1 c bread crumbs
1 c sweet peas
1/4 chopped red pepper
Sensal

* Combine all ingredients and shape into loaf.
* Wrap with sensal; wrap the roll in cheese cloth, tying both ends.
* Steam for one hour.
* When done, remove cheese cloth and brown meat in hot fat.
* To serve, slice and pour tomato catsup on top.
* Serve hot for 8.

HUMBA (Estofado)

Humba is the Tagalog term for estofado.

Pork shanks are cleaned, cut into 3" x 3" pieces. These are seasoned with salt and pepper and then fried in deep hot fat until golden brown. They are then cooked in salt, sugar, vinegar, and a little water. Fried bread cubes, banana slices and fried potatoes are added. For flavor, add gin just before serving.

1 k pork loin with skin
1 tbsp. garlic, macerated
1 onion
1/4 c soy sauce
1 c vinegar
Enough water to cover
1 can salted bean curd
1/2 c sugar
1/2 tsp. peppercorns, crushed coarsely
1 bay leaf

* Combine pork with garlic, onion, soy sauce, vinegar and enough water to cover in a deep saucepan. Let simmer until skin of pork is fork tender.
* Mash bean curd and add the rest of the ingredients to the pork.
* Cook until sauce is thick.
* Serve in slices with sauce.

KILAWIN — (Liver)

1/2 k pig's liver, thinly sliced
1/2 c vinegar
2 tsp. pepper
3 tbsp. oil
1 tbsp. garlic, macerated
1 onion, sliced
1/2 k pork, meat, boiled and sliced thinly
1/2 k pig's tripe, boiled and thinly sliced
1/2 c water
2 med. radish, sliced thinly.

* Soak liver in salt, pepper and vinegar; set aside.
* Heat oil, saute garlic and onion.
* Add pork, tripe and liver.
* Press slightly the liver against sides of pan.
* Cook until liver is done.
* Add radish and simmer until just done.
* Serve hot for 12.

KILAWIN PORK WITH TOKWA

1 c pork, boiled and diced
3 squares tokwa, fried and diced
1/2 c onions, sliced
1 tbsp. garlic, macerated
1/4 c soy sauce
1/2 c vinegar

* Combine all ingredients and let stand until serving time.
* Serve hot or cold for 6.

LECHON EN CARAJAY

Pork with skin, preferably belly portion.

* Boil pork in salted water until done, but skin should not be soft.
* Drain and hung in the sun for at least 4 hours.
* Deep fat fry as a whole or in slices.
* Serve while still hot with lechon sauce, or vinegar and garlic sauce or tomato catsup.
* In a kilo, 6 persons can be served adequately.

MEATBALLS WITH SWEET-SOUR SAUCE

1 k ground pork
1/4 k Chinese ham, chopped fine
1 tbsp. kinchay, chopped
1 onion, chopped
1/2 c singkamas, chopped fine
2 eggs, unbeaten
1 tbsp. salt
1 tsp. pepper
2 tbsp. cornstarch
Sauce:
1/2 c vinegar
1/2 c sugar
2 tsp. soy sauce
1 tsp. salt
1/2 tsp. pepper
1 tbsp. cornstarch
3/4 c water
red and green pepper slices
green onions
ginger, cut into strips
carrot strips

* Combine ingredients for meat balls and shape into balls.
* Fry in deep hot fat until golden brown.
* Prepare sauce by sauteeing vegetables in little oil; and rest of ingredients and cook until sauce is thick.
* Serve sauce over fried meatballs.

MEATBALLS WITH TOMATO SAUCE

1 k ground pork
1 c onion, chopped
1/4 c green onion, chopped
1 tbsp. salt
1 tsp. pepper
1 raw egg
1/4 c flour
1/4 c oil
1 tbsp. garlic, macerated
1/2 c water
1 tbsp. patis
tabasco sauce — few drops

* Combine pork, onions, and salt and pepper.
* Shape into 2" balls and roll in flour.
* Fry in hot fat until brown.
* Saute garlic in remaining fat; then onions.
* Add tomato sauce, water and seasoning.
* Add meatballs and let simmer for 10 minutes.
* Serve hot for 6.

MENUDO

1/2 k pork meat, cubed
1 c liver, cubed
1 tbsp. oil
2 tsp. achuete seeds
1 tbsp. garlic, macerated
1/3 c onion, chopped
1/2 c tomatoes, sliced
2 tsp. salt
1/2 tsp. pepper

* Render off color from achuete seeds, discard seeds.
* Saute garlic, onion and tomatoes; add pork and cook until done.
* Add potatoes and little stock if dry.
* Add liver when potatoes are done; season and bring to a boil.
* Serve hot for 6.

PAMPLINA

1/2 k pork, boiled and sliced into pieces
1/2 k tripe, boiled and sliced into pieces
2 c chick peas (garbansos) boiled and skinned
1/4 c oil
1 tbsp. achuete seeds
1 tbsp. garlic, macerated
1 large onion, sliced thinly
3 large tomatoes, sliced
1 chorizo de Bilbao, sliced
3 potatoes, diced
1 tbsp. patis
1 tsp. salt
1 tsp. pepper

* Render off color from achuete seeds in hot oil; discard seeds.
* Saute garlic, onion and tomatoes.
* Add the rest of the ingredients and let simmer until sauce is thick.
* Serve hot for 6.

PAKSIW NA LITSON

1 head or 4 legs of pig lechon
1 head garlic
1 c vinegar
1/2 c sugar
4 tsp. pepper
2 c lechon sauce
Enough water to cover

- Combine all ingredients in a deep saucepan. Let simmer until meat and skin are tender.
- Serve hat for 8.

PAKSIW NA PATA

1 large pata (pig's leg) cleaned and cut into serving pieces water to cover
1 c vinegar
2 tbsp. soy sauce
1 tsp. salt
1 tsp. pepper
1 tbsp. garlic, macerated
1 c banana blossoms, (dried, soaked in water)
1 bay leaf
Few oregano leaves

- Place pata in saucepan and cover with enough water.
- Add the rest of the ingredients and cook over slow fire.
- Let simmer until sauce is thick and pork is tender.
- Serve hot for 6.

PATA JAMON (CHINESE STYLE)

1 big pata, about 1/2 k or more
1 tsp. salt
1 tsp. sugar
1 tsp. Ve-King pure vetsin
1 tsp. gin
2 tbsp. soy sauce
1/4 tsp. salitre
slices of pork
bay leaf and oregano

- Push down skin of pork leg; turn inside out.
- Cut down bone at lower joint, then pull it out.
- If there is any cut, sew it up.
- Remove meat from bones, add few slices of pork, cut into strips and soak everything with the rest of the ingredients.

- Let stand for 1/2 day or overnight in the refrigerator.
- Stuff the pata skin with the mixture and sew up opening.
- Cook in a heavy skillet, then add the rest of the ingredients and cook until tender over slow fire.
- When done, remove from fire; let cool before slicing diagonally.
- Serve with papaya pickles.

PICKLED PIGS' FEET

2 pigs feet, quartered and boned
1 tbsp. soy sauce
1 tbsp. flour
1 tsp. salt
3/4 c brown sugar
1 c. vinegar
1 c. water
1 tsp. wine
1 pc. ginger root
1 tsp. mono-sodium glutamate, (Ve-King pure vetsin)

Combine all ingredients in a heavy saucepan.
Cook over medium heat simmering until tender.
Remove from fire and cool.
Slice before serving.

PORK BARBECUE

1 k pork, sliced into 2" x 2" square, but thinly.
Bamboo skewers, soaked in water.
1 head garlic
1 c vinegar
1/2 c sugar
1 tsp. pepper
1 tbsp. salt
1/4 c soy sauce
Red hot pepper, minced

- Combine all ingredients in a bowl and add pork slices. Let stand overnight in marinade.
- Skewer on soaked bamboo-skewer and broil over live coals.
- Serve with vinegar, garlic and red hot pepper sauce.
- Will serve 6 generously.

PORK CHOPS

1/2 k pork chops, sliced to desired thickness
1 tsp. salt
1/4 tsp. pepper
2 eggs, well beaten
1/3 c oil
Bread crumbs

* Season pork chops with salt and pepper.
* Deep in well beaten eggs, roll in bread crumbs
* Fry until golden brown.
* Serve hot for 4.

PORK ESTOFADO

1 k lean pork meat, cut into serving pieces
1/4 c oil
1/2 head garlic, macerated
3/4 c vinegar
1/4 c sugar
1/2 c water
1 bay leaf
2 tbsp. soy sauce
1 tsp. salt
1/4 tsp. pepper

* Fry meat in hot fat; set aside.
* Saute garlic, the meat; add the rest of the ingredients.
* Cover saucepan with banana leaf and tight lid and simmer until meat is tender.
* Serve hot for 6.

PORK FRITADA

1/2 k pork, cut into serving pieces
1 tbsp. garlic, macerated
2 tbsp. oil
1/2 c onions, sliced
1 c tomatoes, sliced fine.
2 c rice water
2 medium sized potatoes, or sweet potatoes
8 sliced ox liver (1/4 k)
1 large sweet pepper
2 tsp. salt
1 tsp. pepper.

* Saute garlic in oil until brown.
* Add onions and tomatoes, cook until soft.
* Add pork and water; let simmer until tender.

* When tender, add potatoes and cook until done.
* Add liver and sweet pepper.
* Season and cook until liver is done, 5 — 8 minutes.
* Serve hot for 8.

PORK GUISADO

1-1/2 c ground pork
1 tbsp. garlic, macerated
1/3 c onions, sliced
1/2 c tomatoes, sliced fine
1-1/4 c potatoes, diced
1/4 c raisins
1 can sweet peas
1 tbsp. oil
1-1/2 tsp. salt
1/2 tsp. pepper
1/2 c water

* Saute garlic in oil until light brown
* Add onions and tomatoes and cook until soft.
* Add ground pork and seasoning.
* Cook for 15 minutes.
* Add potatoes and water. Cook until done.
* Add raisins and peas just before removing from the fire.
* Serve hot for 4.

PORK SHOULDER

2 k pork shoulder, with bones
1/4 c oil
1 piecce ginger (crushed)
1 stalk spring onions
1-1/2 c boiling water
1 tsp. salt
6 tbsp. soy sauce
2 tbsp. wine (rice wine)
3 tbsp. sugar

* Heat oil and brown onion and ginger.
* Place pork and brown on both sides.
* Add boiling water and salt.
* Transfer into a deep saucepan with a small flat rack in the bottom.
* Bring to a boil then let simmer until pork is half done. If necessary, add more hot water to make the pork tender.
* Add soy sauce, wine and sugar.
* Continue cooking until skin of pork is as tender as bean curd.
* To serve, slice and pour sauce over.
* Can serve 12 generously.

PORK SINIGANG

1/2 k pork, cut into serving pieces
2 large tomatoes
4 pieces green tamarind fruit
1 medium sized radish
2 medium sized gabi root
5 mustasa leaves (buro)
6 kalabasa tops
1 qt. water
1/4 c patis
1/2 tsp. pepper

* Place pork, tomatoes, and green tamarind fruit in a pan. Add the water and let simmer until meat is tender.
* Press and strain the tamarind fruit with a little of the broth.
* Add the vegetables and seasonings.
* When done, serve with broth with patis.
* Serve hot for 6.

SITSARON (PORK CRACKLINGS)

Sitsaron is made from pig skins and sometimes from the large and small intestines of the pig.

There are two kinds of pork sitsaron made from the skin. One is with a little fat and meat, while the other is brittle, dry and without fat.

Secrets of making sitsaron:

1. The pork skin should be boiled until soft.
2. Soak in it lard for a week before final frying is done.
3. Before dipping it in hot lard, the skin should be allowed to drip for several hours.

SWEET-SOUR PORK

1 k pork, cut into 2" pieces lengthwise
1/2 c corn starch
1 tsp. pepper
2 tsp. salt
1/4 c oil
Sauce:

1 medium onion, sliced
1 large tomato, sliced into wedges
Red sweet pepper slices
Kintsay leaves
1/2 c pineapple tidbits
1/4 c vinegar
2 tsp. soy sauce

3/4 c pineapple juice from tidbits
2 tbsp. sugar
2 tsp. salt
1 tbsp. cornstarch

* Dredge pork in cornstarch, salt and pepper.
* Fry in hot fat until brown, set aside.
* Saute rest of vegetables and set aside.
* Prepare sauce by combination of ingredients in a saucepan and letting it boil until thick.
* Add vegetables and meat pieces.
* Serve immediately with kintsay leaves as garnish.
* Serve hot for 6.

TAG-HILAW
("Kilawin")

1 head of pig, cleaned and boiled
1 head garlic, macerated
2 onions, chopped
1 c vinegar
1 tbsp. salt
2 tbsp. soy sauce
1 radish, sliced

* Cut meat into small pieces.
* Combine with rest of ingredients and mix together.

* Serve with radish slices.
* Serves 6.

TAPA

Tapa is the term used for any dried salted meat. The meat is thinly sliced, salted and sun dried. Tapa is usually fried and served with tomatoes.

A salad that goes well with tapa is made from grated radishes with which is mixed a little salt, vinegar, and sugar.

BONING A CHICKEN

Clean and dress any chicken as usual.

Place the chicken on a wooden board, breast side down.

Make a cut from head to tail at the back of the chicken.

With a sharp knife, work toward wings and legs with a sharpening motion to free the bones from the flesh. When the legs and wings are free, separate the flesh from the breastbone.

Rub the boned chicken with salt, pepper and calamansi juice, then stuff with desired stuffing.

Sew the openings and cook as directed.

CHICKEN ADOBO

1 regular sized chicken, cut into pieces
1 tbsp. salt
1 tbsp. pepper
1 bay leaf
1 c vinegar
1 head garlic, macerated
1/4 c oil

* Clean the chicken and cut into pieces.
* Season with salt and pepper.
* Place in a saucepan and add the bay leaf, garlic, vinegar; let simmer until tender. If water is needed, add 1/2 c hot water at a time.
* When the meat is tender; add the fat and saute until brown.
* Serve hot.

CHICKEN ADOBO WITH COCO MILK

1 med. sized chicken, cut into pieces
2 c vinegar
1 head garlic, macerated
1 tbsp. salt
1 tsp. pepper
2 c coco milk
1-1/2 c coco cream

* Soak chicken in vinegar, garlic and salt with pepper.
* Place in a saucepan and bring to boiling point.

- Lower flame and let simmer; add coco milk and let simmer until chicken is tender.
- When done, add coco cream and cook until it turns oily.
- Serve immediately for 6.

CHICKEN ADOBO A LA MONJA

Use the basic chicken adobo
Let liquid evaporate
Add drained pineapple tidbits, ripe tomato wedges and little pork fat.
Cover and let juice evaporate.
Serve hot.

CHICKEN WITH CORN

1 med. sized chicken, cut into pieces
1/4 c oil
1/2 head garlic, macerated
1 onion, silced
1 c fresh corn, from cobs or cream style corn
2 tbsp. patis
4 c rice water
1/2 c malunggay leaves or sili leaves

- Heat oil, saute garlic, onion and chicken pieces.
- Add corn and seasoning; add water and let simmer until chicken is tender.
- Add malunggay leaves or sili leaves and cook until just wilted.
- Serve hot for 6.

CHICKEN CURRY

1 med. sized chicken, cut into pieces
1 tbsp. oil
1 tbsp. garlic, macerated
1 large onion, sliced
1/4 c vinegar
2 c coco cream
2 c coconut milk
1/4 c curry powder
1 piece red and 1 piece green pepper
2 tsp. salt
1 tsp. pepper
1 inch piece ginger

- Saute garlic in hot oil until light brown, add chicken pieces, let brown.
- Add ginger and onion and brown lightly.
- Add coconut milk; let simmer until meat is tender.
- When tender, add coco cream, curry powder and sweet peppers.
- Cook until sauce is thick.
- Serve hot for 8.

CHICKEN FRITADA

1 med. sized chicken, cut into serving pieces
1/4 k pork, cut into serving pieces
2 tbsp. oil
1 tbsp. garlic, macerated
1/2 c onion, sliced
1 c tomatoes, sliced thinly
1 sweet pepper, quartered
2 pieces liver, sliced thinly
1/2 tsp. pepper
2 c rice water

- Saute garlic in oil until light brown.
- Add onions and tomatoes, cook until sauce is formed.
- Add chicken and pork; season with salt and pepper.
- Cook over low flame. If chicken is tough, add rice water and cook over low flame until tender.
- When done, add sweet potatoes, pepper and liver.
- Cook until liver is just done.
- Serve hot for 8.

CHICKEN PASTEL

1 small chicken, cut into 1" pieces
1 tsp. salt
1/2 tsp. pepper
1 c margarine
1 onion, chopped
1 small can mushroom slices
1 chorizo de Bilbao, sliced
2 c chicken broth
1 tbsp. white wine
1 carrot, diced
3 med. potatoes, diced
1 small can Vienna sausage, diced (Lady's Choice)
3/4 c green olives
1/4 c grated cheese
1/2 c sweet peas

Pastry crust:
2 c a.p. flour
1 tsp. salt
1/2 c oil
1/4 c cold water

- Sprinkle salt and pepper on chicken pieces.
- Brown in hot margarine; set aside.
- Saute onion, mushrooms, chicken and chorizo de Bilbao; add broth and wine, simmer until chicken is tender.
- Add carrots, potatoes and Vienna sausage. Add last the olives sweet peas and grated cheese.

- * Pour mixture in a pie plate or casserola and top with pastry crust.
- * Brush with beaten egg and bake until gold brown at 450 F. for 15 minutes.

To prepare crust:

- * Combine dry ingredients in a bowl. Add oil.
- * Make a well in the center of the dry ingredients and pour in cold water.
- * Stir lightly until just mixed.
- * Gather into a ball; roll out between sheets of wax paper.

CHICKEN-PORK LOAF

1 whole chicken, cooked and boned; chopped fine
1/2 k ground pork
1 chorizo de bilbao, chopped fine
1 c onion, chopped
1 8-oz can tomato sauce
1 c fresh bread crumbs
4 eggs
1 tbsp. salt
1 tsp. pepper
1/2 c Liberty evaporated milk
1 small package raisins
1 small can sweet peas
1/2 c sweet pickles, sliced
Hard boiled eggs
Olives

- * Combine all the ingredients lightly.
- * Arrange olives and hard cooked eggs on the bottom of the bottom of the loaf pan.
- * Pack into the loaf pans.
- * Bake at 350° F. for half an hour
- * Serve with tomato catsup as sauce.
- * Serve hot for 12.

CHICKEN WITH SOTANGHON

1 big chicken (culled)
1 tbsp. oil
1 tbsp. garlic, macerated
1 small onion, sliced
1 tbsp. patis
1/2 c native mushrooms, diced
1/4 k sotanghon, soaked and cut into 2" lengths

- * Boil the chicken until tender and remove meat from bones.
- * Dice the chicken meat.
- * Saute the garlic, onion and chicken meat in oil.
- * Add patis and chicken broth.

* Add mushrooms and sotanghon.
* Cook until done.
* Garnish with green onions.
* Serve hot for 6.

CHICKEN TINOLA x

One fat chicken, cut into serving pieces.

1 tbsp. oil
1 small piece ginger, cut into strips
3 segments garlic, macerated
1 small onion, sliced
3 tbsp. patis
Green pepper leaves
Rice water to cover

* Saute ginger, garlic and onion in hot oil.
* Add chicken pieces and brown slightly.
* Add stock and seasonings; simmer until chicken is tender.
* Just before serving, add green pepper leaves.
* Serve hot for 6.

CHICKEN TINOLA II x

1 fat chicken, cut into serving pieces
1 tbsp. oil
1 tbsp. garlic, macerated
1 piece ginger, crushed
rice water to cover
1 med sized green papaya or
1 large chayote, cut into chunks
1/4 c patis
1/4 tsp. peppercorns, crushed
green onion

* Saute garlic, ginger and the white portion of the onion in the hot fat.
* Add the chicken and cook until lightly brown.
* Add rice water, enough to cover, and let simmer until chicken is tender.
* Add vegetables and cook until done.
* Season with patis and pepper.
* Serve hot for 6.

FRIED CHICKEN LIVER AND GIZZARD

Chicken livers and gizzards
1/8 k peas
1/4 k cauliflowers
1 onion

1/2 tsp. salt
1/8 k carrots
2 tbsp. cornstarch
1 tsp. soy sauce
cooking oil

* Wash liver and gizzard. Cut into quarters.
* Fry onion and vegetables in little oil with 1/2 tsp. salt.
* Combine starch, wine, soy sauce with liver and gizzard.
* In hot fat, fry gizzard and liver until tender.
* Add vegetables.
* Serve hot.

GALLANTINA

1 large fleshy chicken, dressed and boned
1 tbsp. calamansi juice
1 tbsp. soy sauce
1/2 tsp. pepper
1/2 k ground pork
1/4 k ground ham
1 can Vienna sausage, chopped fine
1/4 c flour or 1/2 c bread crumbs
2 eggs, cut slightly lengthwise
4 hard cooked eggs

* Marinate chicken in calamansi juice, soy sauce, and pepper.
* Combine the rest of the ingredients, except carrot and hard cooked eggs.
* Fill the boned chicken with the meat mixture; insert the carrot and hard cooked eggs.
* Sew openings.
* Wrap in cheesecloth the chicken and tie loosely.
* Steam for 1-1/2 hours; let cook with low flame.
* Cool when done.
* Refrigerate for 24 hours before serving.
* To serve, unwrap and slice.
* Serve with any sauce preferred.

PAPER WRAPPED CHICKEN

2 young fryers
2 tbsp. soy sauce
8 pieces young onions
3 slices ginger, chopped
1 tsp. salt

cooking oil

20 pieces cellophane paper (4" x 4")

1 tbsp. sherry or white wine

2 tsp. sugar

- Remove bones and skin of chicken and cut into slices.
- Combine soy sauce, chopped onions, ginger, wine, salt and sugar in a bowl.
- Soak chicken slices in mixture.
- Divide chicken into 20 portions.
- Wrap each portion in cellophane paper.
- Heat cooking oil and deep fat fry each pack.
- Serve hot, removing cellophane wrapper.

PEPITORIA

1 large chicken, cut into serving pieces

Combine the blood of the chicken with 1/2 c vinegar

2 tbsp. oil

1/2 clove garlic, macerated

1 onion sliced

1 c coco cream

1 tsp. salt

1/2 tsp. pepper

- Saute the garlic, onion and chicken in the hot oil.
- Add the vinegar-blood mixture and cook until chicken is tender.
- Add coco cream and seasonings.
- Serve immediately for 6.

POCHERO

1 med. chicken, cut into serving pieces

1/2 k pork, sliced into 2" chunks

2 chorizo de Bilbao, sliced diagonally

1-1/2 tbsp. salt

1 tbsp. peppercorns, slightly crushed

1 onion, sliced

enough rice water to cover

1/4 c oil

1 head garlic, macerated

1 onion, chopped

1 8-oz. can tomato sauce

1 c garbansos, boiled and skinned

6 sweet potatoes, boiled

6 saba bananas, fried

- Combine the first 7 ingredients in a deep heavy saucepan and let simmer until meat is tender.
- Heat oil and saute garlic, onion and tomato sauce.
- Add to tenderized meat and vegetables.

1 small head cabbage, quartered
2 small bunches native pechay, cut in 2" long
1 bunch green onion, cut in 2" long

- Add the rest of the vegetables and cook just until done.
- Serve broth as soup; vegetables and meat in a separate platter.
- Serve with eggplant sauce.
- Can serve 7 — 10 generously.

POLLO ASADO DE CARAJAY

1 young chicken, cut into serving pieces
Chicken liver, chopped fine
1/2 c vinegar
1/2 head garlic, macerated
1/2 c water
1 tsp. salt
1/2 tsp. pepper
1/2 c oil
1 large onion, sliced
1 tomato, sliced
2 tsp. patis

- Simmer the chicken in the vinegar, water, garlic, salt and pepper. Let simmer until chicken is tender; then let liquid evaporate.
- Add fat and saute the chicken with garlic.
- Add onion and tomatoes, cook until done.
- Add chicken liver and patis just before serving.
- Serve hot for 6.

POLLO RELLENADO
(Rellenong Manok)

1 large chicken, dressed without cuts
2 tbsp. calamansi juice
3 tbsp. soy sauce
1 k ground pork
3 eggs, raw
1/2 c grated cheese
2 pieces chorizo de Bilbao, sliced into strips
4 slices cooked ham, cut into strips
4 pieces dill pickles

- Prepare chicken for stuffing removing all the bones and leaving the wings and legs intact. Take care that there are no cuts on the skin.
- Combine the rest of the ingredients; stuff into the chicken.

* Sew up opening and steam for 1 hour in a tightly sealed container. Use low fire.
* When cooked, brown in hot fat.
* Prepare the sauce using the liquid from the saucepan wherein the chicken was steamed.
* Saute 3 segments garlic in hot fat.
* Add 2 tbsp. flour to 2 c broth and add to the garlic.
* Season with 2 tsp. soy sauce and 1 tsp. pepper. Cook until thick.
* Serve the chicken sliced.

PREHIL

5 gizzards of chicken
5 pieces, chicken livers
1 c chicken blood mixed with 1/4 c vinegar
4 segments garlic, macerated
1 onion, cut into slices
1 inch piece ginger, cut into strips
1/3 c vinegar
1 green pepper, hot variety, chopped
1 tsp salt

* Cut the gizzards and liver into small pieces.
* Saute garlic in 2 tbsp. oil until light brown, add onion and ginger.
* Mix in cut gizzards and liver and add little water and simmer until tender.
* Add the blood mixture and the rest of the seasonings.
* Correct seasonings as desired.

D. OTHER MEAT

PAPAIT

Roast a young goat and separate the skin from the body using a very sharp knife. Remove the lean meat, intestines (separate the small from the large intestines). From the small intestines, remove the bitter liquid called "papait". Slice the lean meat liver and pancreas into half-inch square. Place in a bowl and combine the papait. Season with salt and pepper. Serve with drinks.

HOW TO MAKE HAM

* Prepare one kilo of meat, trim and wash thoroughly to remove blood.
* Make 2 - 3 slices in the thick portion and let meat hang to drip.
* Prepare curing solution (for every kilo of meat)

1/3 c brown sugar
1 c rock salt
1/2 tsp. salt peter

* Mix ingredients thoroughly and divide into 3 parts.
* Rub one part of the mixture on the meat and place in a curing vessel. (Use nonmetal container)
* Leave for two days in a cool place or refrigerator.
* On the third day, resalt with the other 1/3 curing mixture, turn and leave for another 2 days.
* On the 5th day, turn meat and resalt again with the other third mixture. Let stand for another 2 days.
* On the 7th day, wash meat and soak until no more salt is on the meat. Let meat drip for 30 minutes.
* If you want to smoke, this is the stage to smoke it, if not, then it is ready to be cooked.
* To smoke: Rub cured meat with ground pepper and pieces of laurel leaf mixture. Smoke over an improvised smoking chamber. Use two cut up kerosene cans with live coals over which are placed dried guava leaves, corn cobs, rice hulls and sawdust. Do not let fire burn. After 6-10 hrs. the ham is ready to be cooked or store.
* To cook:

Combine smoked ham with 2 c pineapple juice
1/3 c sugar
powdered black pepper
1/4 c wine
let simmer until meat is tender.

* To glaze:

Place brown sugar all over the fatty portion of the ham.
Brown in the broiler until sugar melts.
Slice and serve.

HOW TO MAKE BACON

* Use 1 kilo of pork sides known as liempo.
* Cut meat pieces with straight edges.
* Wash well and drain.
* Prepare curing mixture: (per kilo of meat)

1/2 c salt
1/4 c sugar
1/2 tsp. salitre

* Rub gently into the meat.
* Keep curing slabs of bacon four days in a nonmetal container.
* Change position of bacon slabs every day, ideally kept in the refrigerator.
* After four days, wash cured meat and hang to drip for about 30 minutes.
* Smoke for 6-12 hours.
* Slice thinly and use as desired.
* Follow smoking procedure as in ham.

Fish and
Other Seafoods

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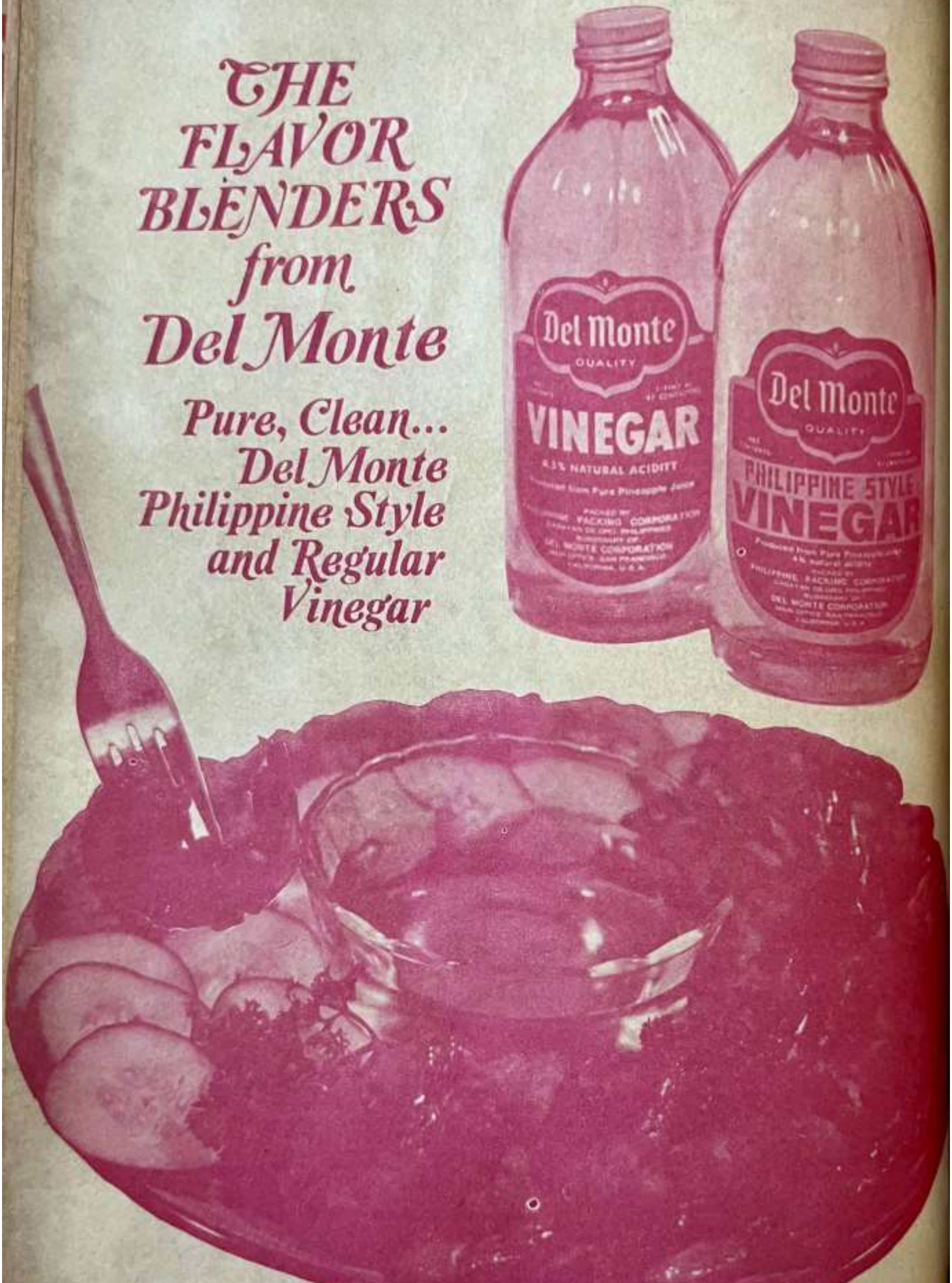
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SELECTED RECIPES

III. FISH AND OTHER SEAFOODS

ADOBONG DALAG O HITO

1 big dalag (mudfish) or hito (catfish)
1/2 c vinegar
1/2 head garlic, macerated
1 piece yellow ginger
1/2 c water
1 tsp. pepper
2 tsp. salt
2 tbsp. oil

* Clean fish and slice as for frying.
* Place fish in saucepan and add all the ingredients. Let boil.
* When fish is cooked, let sauce evaporate and brown fish in oil.
* Serve hot for 6.

ADOBONG PUSIT

1 k pusit (squids)
1 tbsp. oil
1 tbsp garlic, macerated
3/4 c vinegar
1 tbsp. salt
1 tsp. pepper

* Clean the pusit and remove the ink sac.
* Heat the oil and saute the garlic until brown.
* Add the pusit, vinegar, salt and pepper.
* Simmer until pusit is done. This takes only a few minutes.
* Overcooking the pusit will result in having rubbery pusit.
* Serves 8.

BACALAO A LA VIZCAINA

1/4 1 bacalao (codfish) soaked and drained
1/2 c flour
1/2 c olive oil
1 head garlic, macerated
2 large onion, sliced
1 8-oz can tomato sauce
4 med. potatoes, quartered
1 small can sweet peas
1 small can pimiento
1 tbsp. sugar

- Debone and cut bacalao into small pieces.
- Saute the garlic and onion; add bacalao and tomato sauce. Let boil.
- Add the potatoes and little hot water.
- When sauce is thick and potatoes are cooked, add the sugar and the sweet peas.
- Add cut pimientos during last few minutes of cooking.
- Serve hot with salad.
- Serves 8.

BAKED FISH FILLET

1/2 k fish fillet (lapu-lapu or apahap)
2 tsp. salt
1/4 tsp. pepper
1/2 head garlic, crushed fine
1 onion, chopped
2 bay leaves
2 green peppers, sliced
3/4 c tomato catsup
1/4 c Del Monte vinegar
2 tbsp. oil

- Place the fish fillet in a baking pan.
- Sprinkle with salt and pepper.
- Combine the rest of the ingredients and pour over the fish slices.
- Bake at 350 F. over for 20 minutes.
- Serves 6.

BAKED TANGUINGUE

1 k tanguingue, whole
2 tsp. salt
1/4 tsp. pepper
2 tbsp. vinegar
2 tbsp. margarine
2 tbsp. grated cheese
2 segments garlic, macerated
1 onion, chopped
1/2 c tomato catsup
1 c fish broth or rice water

- Remove the skin and bones of the fish. Let them boil in 1 c water. Set aside.
- Sprinkle the fish slices with salt, pepper and vinegar.
- Let stand while broth is being prepared.

- Place in a baking dish and spread the margarine over the fish.
- Sprinkle with grated cheese.
- Broil until cheese becomes brown; remove from oven.
- Saute the garlic, onion in 1 tbsp. oil.
- Add tomato catsup and broth.
- Pour over the fish and return to the oven.
- Bake the fish at 350 F. for 30 minutes.
- Serve with pickles, hard cooked eggs and olives.
- Serves 8.

BLANCHED OYSTERS

Clean oysters with plenty of water, brushing away the mud clinging to the shells.

Boil enough water to cover all the oysters.

When the boiling is rapid, put in the oysters and leave for a few minutes, until the shells open slightly.

Remove immediately.

To serve, pry open shells with sharp pointed knife. Remove the oysters.

Serve with vinegar, ginger and salt mixture.

BURONG DALAG

Burong dalag — This is a fish delicacy in Central Luzon and parts of Laguna. The fish (mudfish) is first cleaned, sliced and salted. Then it is placed in an earthen container and covered with a preparation of soft boiled rice, a little salt and ankak (red coloring). This is allowed to stand for a few days, until the mixture is acidic. It may then be served sauted with or without garlic onions and tomatoes.

For a more detailed way of preparing it, see page 82.

CALAMARES RELLENADOS

8 large pusit

Stuffing:

1/4 c ground pork
1/4 c water chestnut or singkamas, chopped
1/4 c ham, chopped
1/4 c onion, chopped
1/4 c bread crumbs
1 egg, raw
1 tsp. salt
1/4 c milk
1/2 tsp. pepper

* Combine the ingredients.
* Stuff each squid (pusit) cavity with the mixture
* Replace the head and fasten with toothpicks.
* Set aside; prepare the sauce.

Sauce:
1/4 c margarine
6 segments garlic, macerated
1/4 c chopped onions
1/4 c tomatoes, chopped
1 tbsp. soy sauce
2 tbsp. vinegar
1 tsp. peppercorns, slightly crushed
1 c water

* Saute the garlic, onion and tomatoes in hot margarine.
* Add the rest of the ingredients and let boil.
* Add the stuffed squids.
* Cooked until squids are tender.
* Serves 8.

CAMARON REBOSADO

1 k prawns
4 eggs
1/2 c Pillsbury all purpose flour
1 tsp. salt
1/2 tsp. pepper

* Boil water and add 1 tbsp. salt.
* When boiling, drop in prawns and just leave for one minute.
* Remove heads and skin, leaving tails intact.
* Beat eggs until very thick.
* Add salt, pepper and flour
* Dip each prawn in the mixture and deep fat fry until golden brown.
* Serve with sweet-sour sauce.
* Serves 6.

CANGREJO RELLENADO

(Stuffed Crabs)

6-8 heavy crabs (alimasag or alimango)
Boiled, shelled and flaked
2 tbsp. oil
1/2 head garlic, macerated

1 small onion, chopped
2 tomatoes, chopped
2 tsp. salt
1/2 tsp. pepper
1 egg, well beaten
bread crumbs

* Remove shell and clean; set aside.
* Saute in hot oil the garlic, onion and tomatoes.
* Add flaked crab meat and seasonings.
* Stuff into the crab shell.
* Dip in beaten egg and sprinkle top with bread crumbs.
* Fry in hot fat until golden brown.
* Serves 6-8.

Note: Potatoes, raisins and sweet peas may be added as desired.

CRABS ADOBO

5 live crabs
1/2 c vinegar
1 tbsp. garlic, macerated
1 tbsp. salt
1/2 c coco cream
1/4 c water

* Half or quarter the crabs.
* Place in a saucepan and add all ingredients except coco cream. Bring to a boil.
* Let liquid evaporate and add the coco cream.
* Stir lightly and cook just for a while.
* Remove immediately from fire and serve hot.
* Serves 8.

CRABS IN TAUSI

6 regular sized crabs
1 small can tausi (salted black beans)
1 tbsp. crushed ginger
1/2 head garlic, macerated
2 tbsp. oil
1/4 c vinegar
2 tbsp. brown sugar
1/4 c water
2 tsp. cornstarch

* Cut the crabs into quarters.
* Saute garlic, ginger in hot fat.
* Add the crabs, vinegar and brown sugar.

- Cook until crabs are done over low heat.
- Disperse starch in the water and add tausi to the crabs, cook until thick.
- Set the crabs on the platter and pour over sauce.
- Serve hot for 6.
- A few hot pepper may be crushed and added to sauce just before serving.

CRAYFISH WITH CELERY

4 - 6 crayfish
1/4 c oil
1/2 c celery, sliced diagonally
1 onion, sliced
1 tbsp. white wine
1/2 tsp. cornstarch
1 1/2 tsp. sugar
2 tbsp. soy sauce
1 slice ginger, sliced finely

- Heat oil and slightly saute the celery and onion; set aside.
- Shell and devein crayfish; cut into natural section.
- Add the wine and cornstarch.
- Saute in the hot oil then when red, add the rest of the ingredients. Lastly add sauteed onion and celery.
- Serves 4 - 6.

DAING

Daing is salted dried fish of any kind. These range from small to large fish.

The fish is cut along the center of the dorsal side lengthwise, cleaned, salted and sun dried.

DARANG

Darang is dried, smoked fish but not salty. It has a characteristic color, blood red.

"Darang" is a Tagalog term meaning exposed over low heat. The addition of guava leaves to the fire gives a distinct flavor to the fish.

The fish is cut open lengthwise at the back. It is cleaned and salted. This is then placed over the live coals with the guava leaves. The distance for smoking the fish should be 2 meters. The fish is allowed to smoke from 4 to 8 hours. The creosote present in the smoke preserves the fish.

Most common of the fishes used for this "darang" are kanduli, hito and dalag.

ESTOFADO CLAMS

(Cagayan Valley)

3 c clam meat
1/2 c vinegar
1 tsp. pepper
1 bay leaves
1/4 c oil
1 tbsp. garlic, macerated
1 onion, sliced
1/2 c bread crumbs
2 tsp. salt

* Soak clam meat in vinegar, pepper and bay leaves.
* Saute the garlic in hot oil until light brown. Add the onions
* and marinated clams.
* Let simmer until done.
* Add bread crumbs and salt last.
* Serve hot for 8.

FISH CARDILLO

1 big fleshy fish, fried
2 tbsp. oil
1 tbsp. garlic, macerated
1 onion, sliced
1 small piece ginger, cut into strips
2 eggs, beaten
1 c broth or rice water
1 tsp. salt
1/4 tsp. pepper

* Saute the garlic, onion and ginger in hot oil.
* Add the water and seasonings.
* Bring to a boil and let fish simmer with sauce.
* Just before serving, add beaten eggs and stir slightly.
* Serve with green onion, finely cut as garnish.
* Serves 4.

FISH ESCABECHE

2 big fish, cleaned (bacoco, lapu-lapu or apahap)
1 tsp. salt
1/4 tsp. pepper
1/4 c flour
Oil for deep fat frying

1/3 c oil
1 tbsp. garlic, macerated
1 c onion, sliced
3 tbsp. ginger, sliced into strips
1 c red and green pepper strips
1 c green papaya strips
1 c carrot, sliced into strips
Onion stalks for garnish
Sauce
1 c vinegar
1 c water
1 c brown sugar
1 1/2 tbsp. cornstarch
2 tsp. soy sauce
2 tsp. salt
1 tsp. pepper

* Season fish and roll in flour. Fry in hot oil until golden brown and crisp. Set aside.
* Saute the vegetables in oil; remove from fire immediately. Set aside.
* Combine all the ingredients for the sauce in a cup and let boil in same skillet where vegetables were cooked. Cook until thick.
* Add the vegetables in the sauce and let boil once.
* Pour sauce over fried fish in platter.
* Garnish with onion stalks.
* Serves 12.

FISH PAKSIW

1 med, fish 1/2 k (milkfish, tanguingue or hasa-hasa)
lemon juice
2 tsp. salt
1 inch ginger, crushed
5 segments garlic, macerated
1/2 c vinegar

* Soak the fish in lemon and salt.
* Combine all the ingredients in a saucepan and let simmer until fish is done.
* Serves 4.

FISH PESA

1 med. fleshy fish, cut into serving pieces (1/2 k)
  (lapu-lapu, apahap, dalag)
1 small onion, quartered
1 small piece ginger, crushed
1 small head cabbage, quartered

2 heads native pechay
2 stalks green onions
3 c rice water
2 tbsp. patis
few peppercorns, slightly crushed

- Combine all the ingredients in a saucepan and bring to a boil, except the fish.
- When boiling, add fish slices.
- Serve hot for 6, with misu sauce.

FISH ROYALE

2 apahap or lapu-lapu (about 1-1 1/2 k)
2 onions, cut into rings
2 tbsp. olive oil
1/4 c water
2 heads garlic, macerated
1 small onion, chopped
1 c tomato sauce
1 c mayonnaise

- Clean fish; season with salt and pepper.
- Place in baking dish with slices of onions. Add olive oil and water. Cook for 20 minutes in a modern oven.
- Saute garlic and onions with tomato sauce.
- When time is up, remove fish from oven and add tomato sauce. Cook for another 20 minutes.
- Then cover fish with mayonnaise.
- Return to oven for 5 - 10 minutes.
- Serves 8.

FISH SARCIADO

1 med. sized fish (any kind) fried
1/4 c oil
1 tbsp. garlic, macerated
1 onion, chopped
1/2 c tomatoes, chopped
1 tsp. salt
1/4 tsp. pepper

- Saute the garlic, onions and tomatoes in hot oil.
- Add the seasonings and a little water if too dry.
- Add fried fish.
- Let simmer until sauce is thick.
- Serve immediately for 4

FISH SINIGANG

1 med. sized fish, any fish of your choice
1 c green tamarind fruit
1 med. sized tomato, quartered
1 c sitao, cut into 2" long
2 c kangkong leaves
1 c sili leaves
5 c rice water
1/2 tsp. pepper
2 tbsp. patis

* Boil the tamarind fruit in 1 c rice water. When tender, mash and strain the seeds and skin.
* Place the extracted juice in a saucepan and add the rest of the ingredients, except fish.
* Cook until vegetables are done.
* Add fish and cook 5 minutes.
* Serve hot with patis as sauce.
* Serves 6.

FISH WITH SOY SAUCE

6 pieces fish fillet (tanguingue, labahita) (1/2 k)
1/4 c soy sauce
2 tbsp. lemon juice
1/2 tsp. pepper
oil

* Soak the fish with the rest of the ingredients.
* Fry in hot fat until done.
* Remove fish from skillet and excess oil.
* Add the remaining marinade and let boil.
* Pour over fish slices.
* Serve with tomato slices, onion rings, slightly sauteed and lemon slices.
* Serves 6.

FISH TINOLA

1/2 k fish fillet
1 tbsp. oil
4 segments garlic, macerated
1 small onion, sliced thinly
2 c rice water
2 c upo, cut into pieces
1 small piece ginger or ginger leaves
2 tbsp. patis
Few peppercorns, slightly crushed

- Saute the garlic, onion and ginger in hot oil.
- Add rice water and upo; cook until done.
- Add fish and seasonings.
- Serve hot for 6.

FRIED FISH WITH PICKLE SAUCE

1 whole fish, fried (Lapu-lapu or apahap)
2 tbsp. oil
1 tbsp. flour
2 tbsp. salt
1/4 tsp. pepper
1/2 c vinegar
1/2 c water
1 med. onion, chopped
2 whole pickles, cut into wedges
2 fresh tomatoes, cut into wedges
Red and green pepper, cut into strips

* Saute the vegetables in the oil; set aside.
* Add the flour, salt and pepper in the oil gradually pour in liquid, stirring constantly.
* Let sauce boil until thick.
* Return all the vegetables and pour over the fried fish.
* Serves 6.

KILAWING HIPON

1 k shrimps, shelled, deveined and halved
1 c vinegar
3 tbsp. oil
1 head garlic, macerated
1 onion, sliced fine
1 radish, cut into strips
1 tbsp. salt
1 tsp. pepper

* Prepare the shrimps; then soak in vinegar
* Meanwhile, saute the garlic, onion and radish in hot oil.
* Then add shrimps and vinegar.
* Season with salt and pepper.
* Let mixture boil.
* Serve immediately for 6.

KILAWING TALABA (Pickled Oysters)

1 c shelled oysters
1/2 c vinegar
1/4 c native onions, peeled and cut crosswise

1 head garlic, macerated
5 peppercorns, crushed
2 tsp. salt

- * Combine all ingredients and let stand for about 2 hours.
- * Remove oysters and let liquid boil.
- * Pour over the oysters and chill.
- * Serve cold for 6.

MILKFISH EN TOCHO

1 milkfish, cut into diagonal slices
2 tbsp. oil
5 segments garlic, macerated
1 onion, sliced
2 tomatoes, cut fine
a small piece of ginger, cut into strips
2 tbsp. vinegar
2 tbsp. tajure or tocho

- * Saute the garlic, onions, tomatoes and ginger in hot oil.
- * Add the rest of the ingredients and let simmer.
- * Add fish sliced and let simmer for a few minutes.
- * Serve hot for 6.
- * Leftover fried fish may also be used.

OYSTERS WITH ONIONS

2 c fresh oysters (removed from shells)
1/2 c onions, sliced
1 tbsp. garlic, macerated
1 c vinegar
1 tsp. salt
1 tsp. pepper

- * Place oysters and vinegar in a pan.
- * Bring to a boil, remove from fire.
- * Season with salt and pepper; add garlic, and onions.
- * Serve cold.

PAKSIW

Paksiw or paksiao is a native term for pickling fish or meat. Fish or meat is cooked in vinegar, salt, garlic, and a little water; with or without ginger and sugar.

Ginger is an essential ingredient for fish paksiw. It removes the fishy taste of the fish.

Sugar imparts a good flavor. Use about 2 teaspoons for every cup of vinegar used.

Most common fishes cooked as paksiw:

- Bangus or milkfish
- biya
- talilong
- banak
- buwan-buwan
- bidbid
- kitang

Most common parts of four-footed animals cooked as paksiw:

- pork legs
- pork head or ears
- lichon or roasted pig (surplus)
- entrails (isaw)
- sinuso
- lapay

PAKSIW NA BANGUS WITH AMARGOSO

1 milkfish, cleaned but with scales
1 med. sized amargoso (ampalaya)
1/4 c vinegar
1 piece ginger, slightly crushed

* Cover the fish with vinegar, salt water, and ginger.

* Bring to a boil; then add amargoso. Do not stir anymore.

* Cook until amargoso is done.

* Serves 4.

PESA (Fish)

Pesa is a Tagalog term meaning plain boiled fish with fresh ginger. Some vegetables are then added. Most commonly used are cabbage, pechay, upo, and green papaya. The presence of whole black pepper is characteristic of pesa.

Misu sauce or sauteed bagoong is usually served with pesa.

See section on SAUCES on how to prepare a misu sauce.

PINAIS NA HIPON
(From Quezon Province)

1/2 k large shrimps or prawns
1 c hard buko meat chopped
1 tbsp. garlic, macerated

1 tsp. salt
1/4 tsp. pepper
Squash leaves
Coconut milk

* Clean, shell and chop the shrimps.
* Combine with the rest of the ingredients and wrap in squash leaves.
* Place in a saucepan and add enough coconut milk to cover.
* Let simmer until the mixture is done.
* Serve hot or cold.
* Serves 6.

PINANGAT (Fish)

Pinangat is a method of cooking fish with salt and little water in a native pot and cooked over low heat until dry. Fish lasts for weeks in this state. It is one method of preserving fish for a few days.

PLAIN BOILED CRABS

In a medium size saucepan, fill half full with water and bring to a boil.

Add 1 tbsp. salt

Drop in crabs and simmer until crabs turn red-orange color.

Remove from fire and drain.

Serve with calamansi juice and patis as sauce.

PLAIN FRIED FISH

Clean the fish of the scale and visceral organs.

Season with salt and pepper.

Soak in lemon juice.

Roll in flour or bread crumbs before frying. Use deep fat frying or shallow fat frying.

Drain on absorbent paper and keep warm until serving time.

SHRIMP ADOBO

1 k shrimps or prawns, cleaned
1 head garlic, macerated
1/2 c vinegar
1 tbsp. salt
1 tsp. pepper
2 tbsp. oil

* Combine shrimps with shell with the vinegar, salt, pepper and garlic, Let boil.
* Let sauce evaporate and then add oil and saute lightly.
* Serve hot for 6.

SHRIMPS WITH CHICHARO

1 c shelled and deveined shrimps
1/4 c oil
1/2 head garlic, macerated
1 small onion, sliced
1/2 k chicharo
2 tbsp. patis
1/2 c shrimp liquid

* Saute the garlic, onion and tomatoes in hot oil.
* Add the shrimps and chicharo.
* Add seasonings and shrimp juice.
* Cook until vegetable is done.
* Serves 6.

SHRIMP KARE (Samar Style)

1 k regular shrimps
1 c thin coconut milk
coco cream of 2 coconuts
1 piece ginger root, crushed
1 piece dilao, crushed
3 pieces hot pepper
salt
1/3 c green onion, cut 1 cm. long

* Shell shrimps, devein; place in a saucepan.
* Add the thin coconut milk and ginger.
* Let boil until shrimps turn red.
* Extract dilao coloring with coco cream.
* Strain and add to shrimps.
* Add hot pepper and salt to taste.
* Just before serving, add green onions.

SINUAM (Fish & Sea Foods)

Sinuam is very similar to tinola, but crushed ginger is added. Vegetables may or may not be added. Poultry, fish and shellfishes are used.

Most people add cooked rice to sinuam.

SHRIMP SINUAM

1 c shrimp, shelled and deveined
2 tbsp. oil

1 tbsp. garlic, macerated
1 small onion, sliced
small piece ginger, sliced into strips
2 c rice water
1 tbsp. patis
1 c sili leaves

* Saute garlic, onion and ginger in hot oil.
* Add rice water and patis; bring to a boil.
* Add shrimps and cook until they turn red.
* Add sili leaves last.
* Serves 4.

SHRIMP WITH SOY SAUCE

1 k big shrimps, washed
1/2 c soy sauce
2 tbsp. vinegar
1/2 tsp. pepper
1/4 c cornstarch
1 large onion, cut into rings
oil

* Clean the shrimps and remove shell, retaining head and tails.
* Soak the shrimps in soy sauce, vinegar and pepper.
* Heat the oil for frying.
* Dip each shrimp in corn starch; fry in hot oil until shrimps turn red.
* Drain shrimps in paper towel.
* Prepare sauce by boiling the marinade and sauteeing slightly the onion rings in hot oil.
* Pour over the shrimps or serve separately.
* Serves 8.

SPICED BROILED FISH

1 whole fish, do not remove scales
1 small sweet pepper, chopped
1 med. sized tomato, chopped
1 onion, chopped
1/4 tsp. pepper
2 tsp. salt
Oil for basting

* Clean the whole fish and rub with salt and pepper.
* Combine the rest of the ingredients and stuff into fish belly.
* Sew up opening.

- Broil over live coals, brushing with fat once in while.
- Serves 6.

STEAMED FISH WITH TAUSI

1 med. sized fleshy fish, (apahap, bacoco, lapu-lapu)
1 tsp. pepper
2 tbsp. soy sauce
1 tbsp. calamansi juice
1/2 tsp. ginger, chopped fine
1/2 c ground pork
1/4 c salted black beans (tausi)
2 tbsp. green onions for garnishing

- Place fish in a pan.
- Combine the rest of the ingredients and spread over fish.
- Steam for 20 minutes.
- Transfer to a platter and sprinkle with green onions.
- Serve while hot for 6.

STEAMED SHRIMPS OR PRAWNS

(Halabos na Hipon o Sugpo)

Wash each shrimp of dirt and remove the long hair by the head.

Boil in a saucepan 1 1/2 c water with 1 tbsp. salt.

When the water is boiling, add the shrimps or prawns (1 k) and let boil until shrimps turn red.

Remove from fire.

STUFFED MILKFISH

(Rellenong Bangus)

1 med. large milkfish
1 tsp. salt
1/2 tsp. pepper
2 tbsp. calamansi juice
1 tbsp. soy sauce
2 tbsp. oil
1 tbsp. garlic, macerated
1 onion, sliced fine
1/4 c raisins
1/4 c sweet peas
1 egg, slightly beaten

- Clean fish and cut open at the back.
- Remove flesh of fish and pick out bones.
- Let flesh of fish boil in little water, then remove spines.

- Meanwhile, soak skin of fish in soy sauce and calamansi juice.
- Saute in hot oil the garlic, onion, tomatoes and flesh of fish.
- Add raisins and peas. Remove from fire.
- Fold in slightly beaten egg; stuff into skin of fish.
- Sew up opening.
- Fry the whole fish in deep hot fat until golden brown.
- Serve with tomato catsup.
- Serves 6.

TABAY CAPI

Tabay Capi is salted cured fat of "talangka" (small crabs). This is a delicacy in Pangasinan. This is prepared by saltting the "talangka" and packing it in earthen jar for weeks. After curing the fat is removed and packed in jars. This can be cooked in fat and served as sauce for fish dishes.

TINAGAN (Fish)

Tinagan is a fish dish cooked with coconut milk, vinegar, juice of yellow ginger (dilao) garlic, and vegetables. Any fish may be used for this dish. Patis is usually served with 'tinagan."

TINAPA

Tinapa is smoked whole fish with very little salt. The creosote of the smoke preserves the fish. A red orange coloring is brushed on the scales of the fish to give a characteristic color of tinapa.

How To Make Tinapa

1. Remove gills and open the soft belly of bangus to remove the internal organs. Wash the fish thoroughly to remove blood and dirt.
2. After washing, dip the fish in concentrated brine for 2 hours. To calculate for the concentration of brine, use an unripe guava as an index. The fruit will float when the concentration is just right.
3. Drain brined bangus for a few minutes, then process in a retort or pressure cooker for 10 lbs. pressure for 1-2 hours, depending on the size and age of bangus.
4. After processing, dry to the touch under the sun for 30-45 minutes or in any suitable artificial dryer. Purpose is to remove excess water and to make the body firm.

5. Smoke the processed fish in a suitable smokehouse for 1-1/2—2 hours or until golden brown color is attained.
6. Smear coconut or corn oil on fish skin to create luster or sheen.
7. Pack fish in plastic bags.

TUYO (Fish)

Tuyo is salted dried whole fish, preferably the small ones. The size range from 3" to 6" long. The internal organs are not usually removed.

Tuyo is either fried or broiled. It is served with fresh tomatoes.

Homemade Tuyo or Daing

Use fresh small fish.

Wash thoroughly and then remove the viscera by squeezing them out through a slit made across the belly.

Fish larger than 4 inches are best split through the back bone to the head, with the two halves joined by the belly skin. In this case evisceration is done after splitting.

Soak eviscerated fish in weak brine (2 tbsp. salt per cup water) for an hour to leach out the blood.

Drain, then soak in a more concentrated brine (5 tbsp. to a cup) for 3-5 hours.

Arrange fish in single layer on wire screen or bamboo rack.

Dry under the sun for 3-4 hours in the morning and then under a shade with breeze for the rest of the day.

Package in plastic bags and refrigerate till needed.

BANGUS SARDINE

4 cleaned bangus
3/4 c. olive oil
1 tbsp. salt.
1 8-oz can tomato sauce
1 red hot pepper, crushed
1 onion, chopped
1/2 bay leaf
pickle slices

Place all ingredients in a pressure cooker and cook for 30 minutes at 15 lbs. pressure.

Cool pressure cooker before opening.

Serve immediately or you may preserve the bangus by packing in sterilized jars and sealing it.

BURONG DALAG

Wash and clean fish, remove the head.

Slice the fish.

Salt all slices and let stand overnight.

Cook 1 c. rice in 2 c. water.

Pound 1 tbsp. of "angkak" (red food color from tree bark) and mix with the lugao (rice gruel)

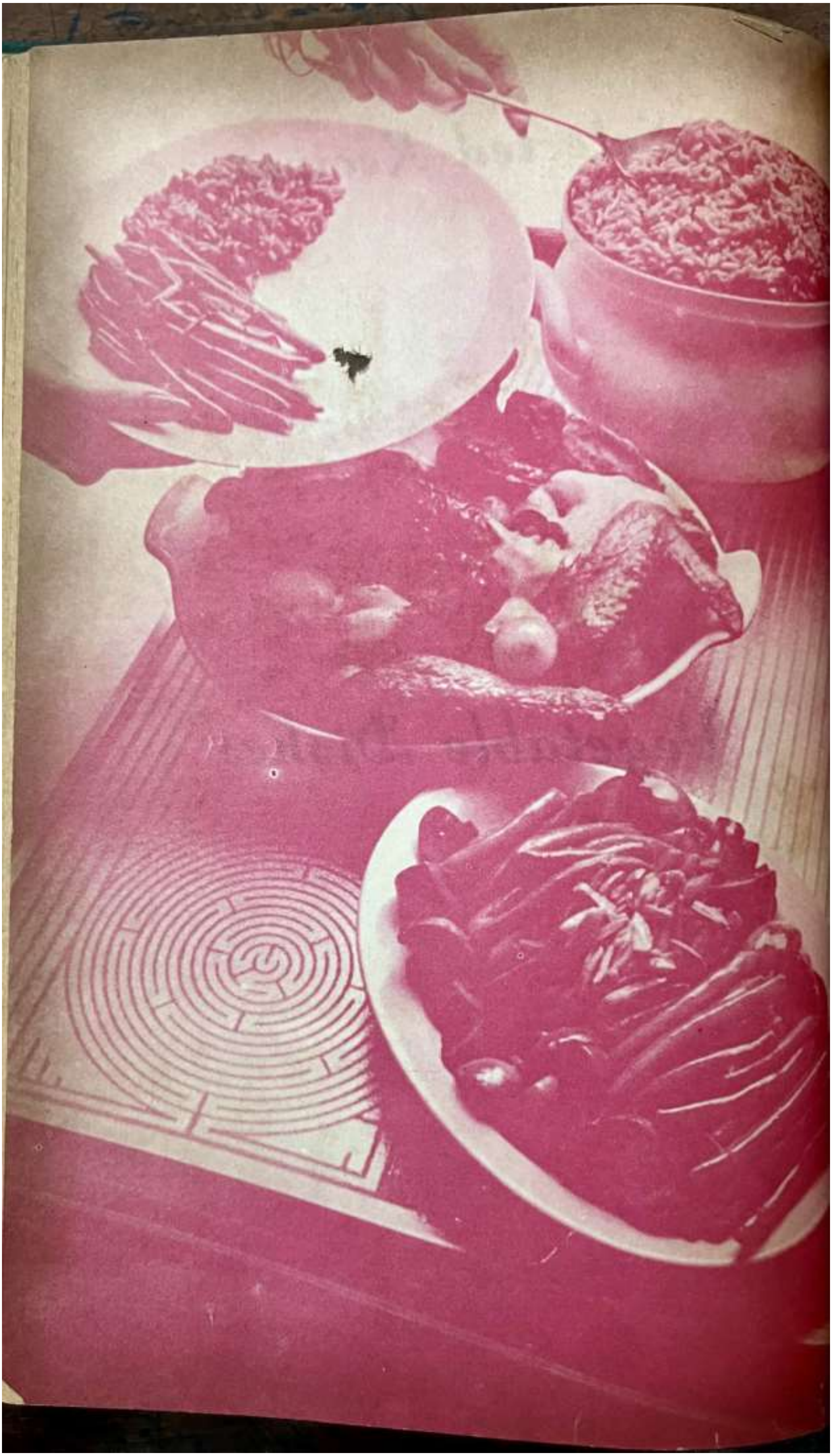
Mix with the fish slices all the rice and place in a jar covered.

Let stand for 3-4 days.

This is cooked with plenty of garlic, onions and tomatoes, sauteed in a little amount of fat. Add 1 tbsp. vinegar just before serving.

Selected Recipes

Vegetable Dishes



IV. VEGETABLE DISHES

ADOBONG LABONG O SITAW

1/2 k labong, sliced thinly and blanched or
2 c sitaw, cut into 1" lengths
1/4 c oil
1/4 c pork, boiled tender and cut fine
5 segments garlic, macerated
1 onion, chopped
2 tbsp. patis
1/2 c stock
1/4 c vinegar

- Heat oil, saute garlic, and onion.
- Add pork and shrimps; season.
- Add vegetables and stock and let simmer until vegetables are tender.
- Add vinegar and simmer until liquid evaporates.

BANANA BUD WITH COCONUT MILK

1 small banana bud, sliced and soaked in salted water
1/2 c coco cream
1/2 c coconut milk
1/3 c vinegar
1 tbsp. garlic, sliced
1/2 c onions, sliced
1/3 c shrimp meat
1 tbsp. patis
1/4 tsp. pepper

- Rinse the sliced bud and place in a saucepan.
- Add vinegar, garlic, shrimp meat and thin coconut milk. Season with patis and pepper.
- Add coco cream and cook 15 minutes longer.
- Serve hot or cold for 5.

BROILED EGGPLANT

1/2 kilo eggplant
2 large tomatoes
1/2 c vinegar
1/2 tbsp. garlic, macerated
1 c onions, chopped
1 tbsp. salt
1 tsp. pepper

* Broil eggplant over live coals. When done, remove skin and place in a platter.
* Combine vinegar, garlic, onions, salt and pepper. Pour over eggplant.
* Garnish with sliced tomatoes.

BULANGLANG WITH PORK

3/4 c pork, sliced
3 segments garlic, macerated
small piece ginger, cut into strips
1 onion, sliced
1-1/2 tbsp. bagoong (fish preferred)
1/2 c banana blossoms
1 eggplant, cut into diagonal slices
1/3 c squash leaves
1/2 c malunggay leaves

* Boil pork in water until tender; extract fat, set aside broth.
* Saute garlic, ginger and onions; add pork and bagoong.
* Add broth; let simmer; add vegetables and cook until done.
* Serve hot for 6.

DININGDING

1 large chayote
2 c kalabasa leaves
2 large tomatoes, quartered
1 c sitao pods, cut 1-1/2" long
1 c malunggay leaves
1 tbsp. bagoong
2 medium sized daing, broiled and quartered
1 c water

* Combine all ingredients in a saucepan.
* Cover and cook until all vegetables are done.
* Taste to determine saltiness. The daing already is salted, so salt may not be needed.

GUINATAANG KALABASA

5 c kalabasa fruit, cubed
1/2 tbsp. garlic, macerated
1/2 c onions, sliced
1 tbsp. oil
1 c coconut milk
1 c sitaw pods, cut 3/4" long
1/4 c shrimp meat
2 tsp. salt
1 tsp. pepper
1 tsp. c coco cream

- Saute garlic in lard until light brown.
- Add onions and shrimp.
- Stir and add coconut milk, kalabasa and sitaw.
- Season with salt and pepper.
- Cook until done, add coco cream last.
- Serves 6.

KILAWING PUSO

3 hearts of bananas (only tender parts)
2 tbsp. oil
1 head garlic, macerated
1 onion, sliced
1 c vinegar
1 tbsp. sugar
1 tbsp. salt
1/2 tsp. pepper

- Peel hearts until white tender parts are out. Cut fine crosswise; squeeze with salt until all sticky juice is extracted.
- Saute in hot oil the garlic, onion and banana heart.
- Add the condiments and cook until vegetables are done.
- Serves 8.

LAING

(Gabi Leaves Gulay)

7 gabi leaves
1-1/2 c coconut milk
1-1/2 tsp. salt
1/2 c sliced pork or shrimps
2 small cubes ginger
1/2 c coco cream
hot pepper

- Cut leaves into desired length.
- Peel stem and cut into half inch length.
- Place coconut milk in saucepan; add salt, ginger and meat. Let simmer until meat is done.
- Add gabi leaves and stem. Cook until done.
- Add coco cream and hot pepper.
- Serves 6.

LAKSA

Laksa is a Tagalog term meaning ten thousand.

The dish prepared consists of assorted vegetables hence the name.

It has leafy, and succulent vegetables, stems and legumes. No tomatoes are used. Shrimps and pork are added and sotanghon is characteristic in this dish.

Most common vegetables used are:

banana bud
kalabasa fruit and leaves
siguidillas
batao
sitao pods
patani

LAKSA

2 c Sotanghon, cut 1" long, soak in water
3 tbsp. oil
1 tbsp. garlic, macerated
1/2 c onions, sliced
1 c shrimp meat
1/2 c pork, cubed
2 c shrimp juice
2 c sitaw pods, cut 1/2" long
1 c patani beans
1/2 c eggplant, cut 1/4" thick
1 c kalabasa fruit, cubed
2 c kalabasa tops
1/3 c patis
1 tsp. pepper

- Saute garlic in oil until brown.
- Add the onions, shrimp and pork; cook for a while and add the shrimp juice.
- Cover and cook until pork is done.
- Add sitaw and patani; cook for 10 minutes.
- Add the rest of the vegetables; season with patis and pepper.
- Add sotanghon and cook for 8 minutes
- Serve hot for 10.

LUMPIA

1/4 k pork, cut fine
1 tbsp. garlic, macerated
1 small onion, sliced
2 sq. tokwa. sliced into strips
1/2 c shrimps, shelled and halved
1 c habichuelas, sliced
2 med. carrots, diced
1/2 head cabbage; cut fine

2 med. camote, diced
2 tbsp. soy sauce
20 lumpia wrappers
20 lettuce leaves
1 c ground peanuts (optional)
1 small bundle kintsay (optional) cut fine

- Extract fat from pork; set aside.
- Saute garlic, onion, tokwa; when brown, add pork, shrimps habichuelas, carrots, cabbage and camote.
- Season with soy sauce; let cook over low flame.
- Set aside to cool.
- On each lumpia wrapper, lay lettuce leaf.
- Place about 2 tbsp. of vegetables.
- If kintsay and peanuts are used; sprinkle just before wrapping lumpia.
- Serve with lumpia sauce. (For making lumpia sauce, see under SAUCES)

Fresh Lumpia Wrapper

1 1/4 c cake flour
1 tsp. m.s.g.
1 tsp. salt
2 eggs, beaten slightly
2 c water
2 tbsp. achuete oil (see how to render achuete color)

- Mix all ingredients in a bowl and strain.
- Heat oiled pan and place over low fire.
- Pour about 2 tbsp. of the mixture and swirl around pan.
- Place over low fire and cook until sides curl up.
- Use for fresh vegetable and ubod lumpia.

Lumpia Wrapper

3 c. all purpose flour
1 tbsp. salt dissolved in
5 c water

Combine the flour with 1 c. water and knead to a stiff dough.
Continue kneading until elastic.
Slowly add the rest of the water to make a thin batter, but still elastic.
Heat frying pan with little amount of fat.
Rub the batter into the pan, spreading it lightly and thinly.
Turn as it detaches from the frying pan.

LUMPIA UBOD

1 coconut heart (ubod) sliced into strips
1/4 k shrimps, shelled and deveined
1/2 k pork, cut into fine strips
1/4 c fat
1 tsp. sugar
1 tsp. salt

- * Saute pork and shrimps in hot fat.
- * Add shrimp juice (1/2 c) and coconut heart
- * Simmer until coconut heart is tender.
- * Add sugar and salt.
- * Cool.
- * Wrap in individual lumpia wrapper lined with lettuce leaf or green onion stalk.
- * Serve with sauce.

MONGO WITH COCONUT MILK

1 c mongo soaked and boiled
4 c coconut milk
3 segments garlic, macerated
1 onion, sliced
1 piece ginger, cut into strips
Fried fish or dried fish, flaked
1 c malunggay leaves
1 c coco cream
1 tsp. salt.

- * Let the boiled mongo tenderize in the coconut milk, garlic, onion and ginger.
- * Add flaked fish and cook until soft.
- * Add malunggay leaves and coco cream just before serving.
- * Season with salt.
- * Serves 6.

HOW TO SPROUT MONGO BEANS (Vegetables)

Place the dried mongo beans in an earthen container. Pour warm water enough to cover the beans. Place in a dark corner for 2 days. Remove the bean covering by placing the sprouts in a basin of water. The covering will float on the surface.

Mongo sprouts are used in making lumpiya, sukiyaki, ukoy and pansit. A nutritious salad can also be made with mongo sprouts. Blanche the sprouts by dipping them in boiling water. Add vinegar and salt to taste.

PINAKBET (Vegetables)

Pinakbet is an Ilocano dish. This is prepared by boiling vegetables with plenty of tomatoes and bagoong, either dilis bagoong or alamang bagoong. The characteristic vegetables are ampalaya fruit (amargoso), eggplant, and sitaw. Pork, shrimps and sitsaron (pork crackling) are sometimes added.

PINAKBET

2/3 c pork, sliced and boiled
10 shrimps, shelled
2 ampalaya, cut 2" length
1 eggplant, cut 2" length
2/3 c patani
1 tbsp. oil
5 segments garlic, macerated
small piece ginger, cut into strips
1 onion, sliced
1 tbsp. bagoong, (dilis)
1 tbsp. bagoong (shrimps)

- Heat oil; saute garlic, onion, ginger and tomatoes.
- Add pork and shrimps.
- Add broth of pork; cover and let simmer.
- Add vegetables, but do not stir.
- Season with bagoong.
- Serve hot for 6.

RED BEANS WITH CHORIZO

2 c red beans, soaked overnight and boiled until tender
2 tbsp. olive oil.
1 tbsp. garlic, macerated
1 onion, sliced
1 8-oz can tomato sauce
Chorizo de Bilbao, cut into diagonal slices.

- Saute the garlic and onion in hot oil.
- Add the chorizo de bilbao and cook 2 minutes.
- Add tomato sauce and boiled beans, with the liquid where in it was boiled.
- Cover and cook until sauce is thick.
- Season with salt, if necessary and few drops of tabasco if desired.
- Serves 6.

RELLENONG TALONG O SILI

4 large eggplant (talong) or green sweet pepper (sili)
5 tbsp. oil
1 tbsp. garlic, macerated
1 small onion, chopped
2 medium tomatoes, chopped
1/4 k ground pork
salt and pepper
2 eggs, beaten
1/4 c bread crumbs

* Broil eggplant or sweet pepper; remove skin; set aside.
* Saute garlic, onion, tomatoes and ground pork in hot fat.
* Season with salt and pepper.
* When done, remove from fire and cool.
* Eggplant: slit lengthwise and fill with meat mixture.
* Sweet pepper: remove top portion and fill with meat mixture.
* Dip in well beaten eggs and roll in bread crumbs.
* Fry; drain and serve hot.
* Serves 4.

SAUTEED VEGETABLES (Gulay)

Note: Fresh vegetables may be washed and cut into desired size. Dried vegetables may need to be soaked or boiled then used as fresh vegetables. Legumes may be boiled and sauteed then mixed with leafy vegetables.

Guisado base:
2 tbsp. oil
1/2 head garlic, macerated
1 small onion, sliced
2 tomatoes, sliced
1/3 c shrimps, shelled and deveined
1/4 c pork, cut into thin sliced
1/2 k vegetables (4 c)
patis or salt
shrimp juice or rice water
pepper

* Saute garlic, onion and tomatoes in hot fat.
* Add shrimps and pork. Cook until done.
* Add vegetables and seasonings.
* Add shrimp juice or rice water to the desired amount of broth.
* When vegetables are done, serve at once.
* Note: Leafy vegetables should only be wilted and not overcooked.

STUFFED CABBAGE

1 medium head cabbage
1/2 k ground pork
2 tbsp. onion, chopped
1 tbsp. chopped sweet pepper
2 eggs, unbeaten
1 tsp. salt
1/2 tsp. pepper
1 c tomato sauce
1 c water
1/2 tsp. salt
1/4 tsp. pepper

- Trim off soiled portion of leaves and remove core of cabbage.
- Pour over boiling water and let stand until leaves are limp.
- Separate leaves carefully.
- Combine meat with onion, egg, pepper and seasonings.
- Place about 1 tbsp. of the meat mixture into each of the cabbage leaf; fold envelope fashion and fasten with toothpicks.
- Place in a saucepan. Flap down with tomato sauce, water and seasonings. Let boil until done and sauce has reduced volume.
- Serve hot for 8.

STUFFED EGGPLANT X

4 large eggplants, broiled and skinned
1 c pork, ground
1/2 tbsp. garlic, macerated
1 tbsp. oil
1/2 cup onions, sliced
1/2 c tomatoes, sliced
2 eggs, slightly beaten
1 tsp. salt
1/2 tsp. pepper

- Season with salt and pepper the eggplant; set aside.
- Saute garlic in oil; add the onions and tomatoes
- Add ground pork and cook 15 minutes.
- Season with salt and pepper. Cool.
- Add slightly beaten eggs and stuff the eggplant with this mixture.
- Brush tops of eggplant and fry in hot fat until brown.
- Serve hot for 4.

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Selected Recipes

Rice and Noodles

A short course on furniture cleanin

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SELECTED RECIPES

V. RICE AND NOODLES

ARROZ CALDO

Tripe or Chicken

2 c tripe, cleaned, boiled and cut into cubes or
1 small chicken cut into serving pieces
1 inch ginger, cut into strips
1 head garlic, macerated
1 onion, sliced thinly
2 tbsp. oil
3 tbsp. patis
1-1/2 c rice
6-8 c water
Green onion leaves for garnish

- Saute garlic in hot oil until brown.
- Reserve half of the garlic for garnish.
- Add the onion and ginger.
- Add the rest of the ingredients and cook simmering; stir once in a while.
- When meat is tender and rice is cooked, serve with green onion leaves and fried garlic.
- Patis and calamansi juice as sauce.
- Serves 6-8.

ARROZ A LA CUBANA

1/4 k ground lean pork
1/4 k ground beef
2 tbsp. fat
1 tbsp. garlic, macerated
1 small onion, sliced thinly
1 c tomatoes, sliced
1 box raisins
1 small can sweet peas
1/4 tsp. pepper
1 tsp. salt
6 cups cooked rice, molded
fried saba banana sliced
fried sweet potatoes
Sunny side up fried eggs, one per person

- Saute in hot fat, the garlic, onion and tomatoes. Cook until tomatoes are tender.
- Add meat and cook until done.
- Add the rest of the ingredients and season.
- Arrange in a platter the mound of rice.
- Place in the center the cooked meat mixture and the fried bananas and sweet potatoes around. Top with fried eggs.
- Serves 6.

ARROZ A LA LUZONIA
(Bringhe)

1/4 c fat
1/2 head of garlic, macerated
1 onion, sliced
1 c shrimps, shelled and deveined
1/2 c cubed pork, boiled
1 chicken, boiled and cut into small pieces
1/2 c cubed ham
1 tbsp. curry powder
2 c rice, washed and drained
1/2 tsp. salt
1 bay leaf
4 c coconut milk

- Saute the garlic in hot fat until brown.
- Add the onion, shrimp and pork. Cook until done.
- Add the rest of the ingredients and cook over low fire. Stir once in a while to prevent burning.
- When mixture is dry, cover with banana leaves and continue cooking until rice is thoroughly cooked.
- Serve hot for 6.

ARROZ A LA VALENCIANA

1-1/2 c glutinous rice (malagkit)
1-1/2 c white rice
1-1/2 tsp. salt
5 c coconut milk
1/2 c oil
1 young chicken, cut into serving pieces
1/4 k pork, cut into serving pieces
2 tbsp. achuete seeds
2 tbsp. garlic, macerated
1 large onion, sliced
1 8-oz can tomato sauce
1 tbsp. salt
1 tsp. pepper

1/4 tsp. paprika
6 potatoes, quartered and fried
1 small can sweet peas
1 red sweet pepper, sliced
2 hard cooked eggs, sliced
parsley

- Boil the malagkit-rice mixture, salt and the coconut milk in a saucepan; stir once in a while to prevent burning.
- Fry the chicken-pork pieces in hot oil; set aside.
- In the same fat, render off color from achuete seeds; discard seeds.
- Saute garlic, onion and add tomato sauce. Season with salt and pepper.
- Add fried meat and simmer until tender.
- Add rice mixture; blend well.
- Add the rest of the ingredients and combine lightly.
- Arrange on a platter and garnish with hard cooked eggs and parsley.
- Serves 12.

ACHUETE LARD

How to prepare achuete lard:

Lard may be used to extract the color of achuete seeds. Since achuete is common coloring in Tagalog recipes, it would be worthwhile to prepare achuete lard and use this whenever the recipe calls for achuete coloring. However, this is most practical for those who have refrigerators. Rancidity is easily avoided.

Place 1/2 c achuete seeds in saucepan. Add 1 c cooking oil and heat over low flame. Let cook for 3 minutes. Remove from fire and let cool. When cool, pass through a sieve and place in a wide-mouthed jar.

If desired, another extraction may be done but use less lard or oil.

MORISQUETA TOSTADA

3 c cold rice
2 Chinese sausages, cut into slices
1 tbsp. garlic, macerated
1 onion, sliced
1 tbsp. soy sauce
1/4 c chopped ham
2 tbsp. chopped shrimps
Green onion leaves cut fine

* Fry Chinese sausage until crisp; set aside.
* In same fat, saute garlic, onion and rice.
* Add the rest of the ingredients and cook until rice is well coated with soy sauce.
* Garnish with scrambled egg slices and green onion leaves.
* Serves 4.

PANSIT GUISADO

1/2 k bihon, soaked and drained.
1/4 c oil
1/4 head garlic, macerated
1 onion, sliced
2 Chinese sausages, sliced and fried
1/4 c pork, sliced
1/4 c shrimps, sliced thinly
1/2 c shredded cabbage
1/4 c sliced green beans
1/2 c patola slices
1/2 c shrimp juice
2 tbsp. pepper
Green onion leaves, cut fine
Hard cooked egg, sliced

* Saute garlic, onion and meat in a saucepan.
* Add the vegetables and simmer with the broth.
* Season with soy and pepper.
* Add bihon and cook until dry.
* Serve with green onions and sliced egg, with patis and kalamansi.
* Serves 8.

PANSIT MALABON

1/2 k rice bihon
1/2 c oil
2 heads garlic, macerated
2 cakes tokwa, cubed
1/2 c lean pork, sliced
1 c oysters
1/2 c squids, cut into rings
1 c chicharon, pounded
1/2 c flaked tinapa
1/2 c green onion leaves, cut fine for garnish
Sauce:
2 tbsp. achuete seeds
1 tbsp. fried garlic

1 small onion, chopped
2 c shrimp juice
2 tbsp. cornstarch
3 tbsp. patis
1/2 c tokwa bean curd, mashed
1/2 tsp. pepper

* Soak bihon in tap water until soft.
* Heat oil in a skillet and render off color of achuete seeds.
* Fry ingredients in the order given, except chicharon and tinapa.
* After each frying set aside separately.
* If no oil is remaining, extract another portion of achuete seeds in oil for the sauce.
* In the heated oil, saute the ingredients for the sauce. Dissolve the cornstarch in shrimp juice and add the mashed tokwa.
  Cook until thick.
* On serving time, drain bihon and let stand in hot water for about 5 minutes. Drain and set on a platter.
* Pour some sauce and arrange layers of the fried condiments and ingredients.
* Top with chicharon and green onion leaves.
* Serve with patis and kalamansi.

PANSIT MARILAO

Basically, it is the same as the Pansit Malabon. The difference is really in the ingredients. Pansit Marilao has sliced kamias, chopped peanuts and no oysters. The manner of preparation is the same.

PANSIT MOLO

Wrapper:

2 c Pillsbury all purpose flour
1 whole egg
1/2 tsp. salt
1/4 c water

* Sift flour and salt together. Add the egg and water. Mix well and knead until smooth and elastic. Roll out on floured board until paper thin. Cut into rectangular pieces. Wrap in towel and set aside.

Filling:

1 c ground pork
1/2 c chopped shrimps

- **1 egg yolk**
- **1 tsp. salt**
- **1/4 tsp. pepper**

* Combine all ingredients. Wrap in dough and pass sides to seal. Lay aside to dry.

Soup:

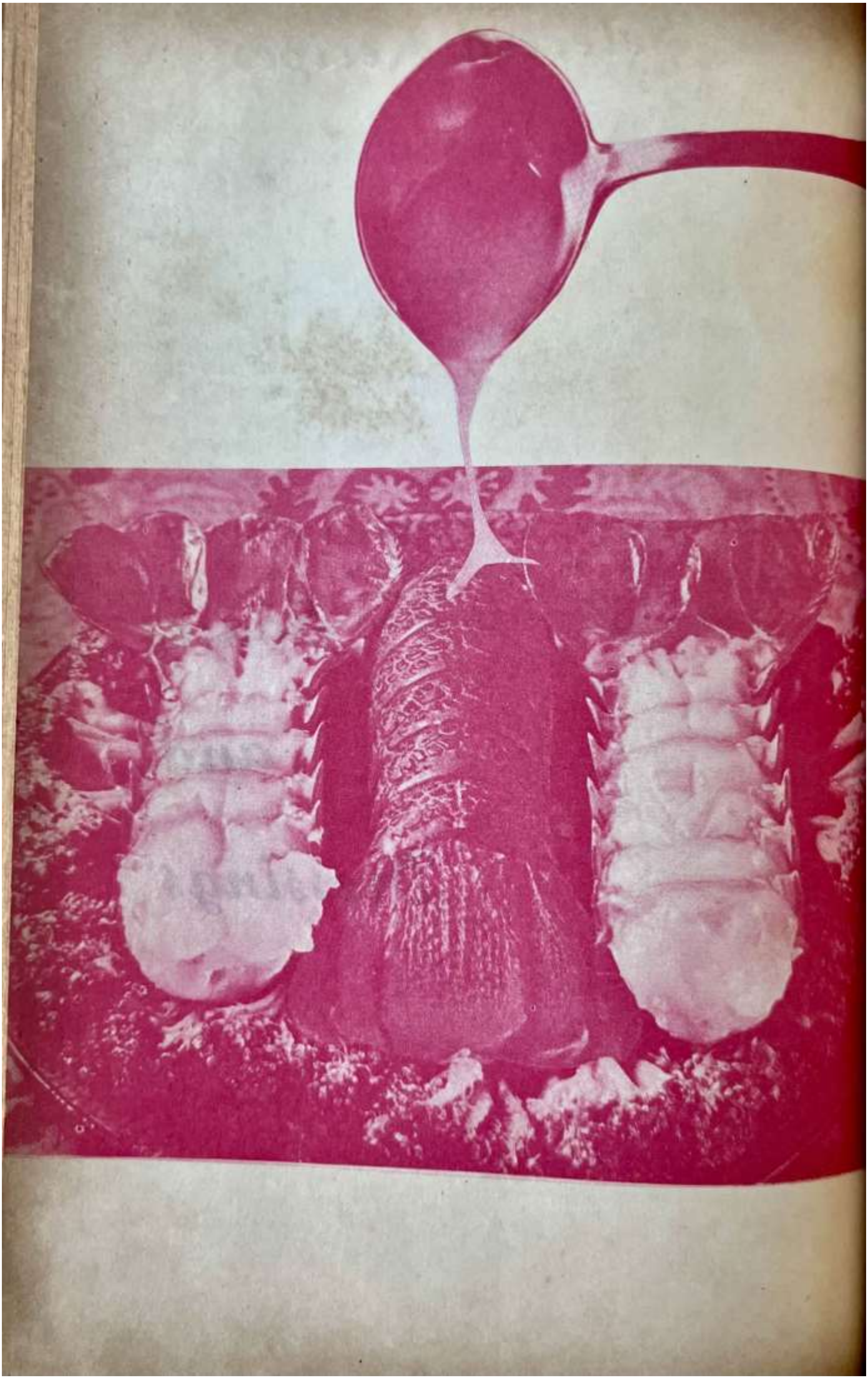
- **2 tbsp. oil**
- **1 tbsp. garlic, macerated**
- **1 small onion, sliced**
- **1 med. chicken, boiled and meat removed from the bones**
- **1 c shrimps, deveined and halved**
- **8 c chicken broth**
- **piece of ham bone**
- **2 tsp. salt**
- **1/2 tsp. pepper**
- **1/2 c Chinese kutsay**

* Saute garlic, onion and shrimps in hot oil.
* Add the rest of the ingredients and simmer.
* Drop the wrapped mixture and boil until dough is cooked.
* Serve immediately for 8.

Sauces

and

Dressings



VI. SAUCES AND DRESSINGS

BAGOONG

Bagoong is the term applied to salted small fishes or shrimps. These are packed in earthen pots or jars and then cured for several weeks.

There are many kinds of bagoong. Most common are dilis bagoong and alamang bagoong.

How to make:

a) Bagoong Alamang

Alamang are small shrimps. Use 3 parts fresh alamang to 1 part coarse salt.

3 c alamang)—Cure for two weeks
1 c salt)

b) Bagoong dilis (anchovy)
Same proportion

Store in a jar and cure for 3 weeks or more.

c) Patis and Heko

1. Squeeze the juice of the alamang bagoong. For every cup of the juice, use 1 dayap, cut into pieces. Bring to a boil and let boil for 5 minutes. Place in a clean bottle and allow to stand for 1 day. Siphon the clean supernatant liquid and transfer to a bottle. Sterilize.
2. Use 1 part bagoong alamang and cook over moderate heat for about 30 minutes, stir once in a while. Place in tall container and allow to stand for 8 hours or more. Siphon the clear fluid on top and transfer to clean bottles. Sterilize.

   The sediment is the heko. This is a good source of calcium. It may be used as seasonings for sauteed vegetables.

BAGOONG GUISADO

1 c alamang bagoong
1/2 tbsp. garlic, macerated
1/4 c onions, sliced
1/2 c tomatoes, chopped
2 tbsp. oil

Saute garlic in oil until brown.
Add onions and tomatoes and cook until soft.
Add the alamang and stir while cooking to prevent scorching.
Yields over a cup.

FRUIT SALAD DRESSING

1 c evaporated milk
1/3 c sugar
2 tbsp. all purpose flour
1/2 c pineapple juice
1 egg, slightly beaten

* Place the sugar and flour in a saucepan.
* Slowly pour in the milk and stir until no lumps are present.
* When thick, add the pineapple juice and slightly beaten egg.
* Stir and cook for another 3 minutes.
* Serve as fruit dressing.

LECHON SAUCE

2 tbsp. oil
2 tbsp. garlic
1/2 c chopped onions
1/2 c finely ground broiled liver
1 c water
3/4 c vinegar
1/2 c bread crumbs
2 tbsp. salt
1 tsp. pepper
1/2 c sugar

* Combine ground liver and water. Set aside.
* Saute garlic in hot oil until light brown.
* Add chopped onions and cook until brown.
* Add liver mixture and vinegar, stir to prevent curd.
* Add the rest of the ingredients and stir constantly to prevent burning.
* Serve with lechon as sauce.

Note:

When in a hurry, liver spread in cans can be used instead of ground broiled liver.

LUMPIA SAUCE

4 tbsp. brown sugar
2 tbsp. cornstarch
1 tbsp. soy sauce
1 tsp. salt
1 c broth or water
2 segments garlic, macerated

* Combine all dry ingredients and dissolve in the water.
* Cook until thick.
* Mix in garlic and serve.

MAYONNAISE

Points to remember:

Mayonnaise is easiest to make when all ingredients are at normal room temperature. Warm the mixing bowl in hot water to take the chill off the eggyolks. Heat the oil to tepid if it is cold.

Always beat the eggyolks for a minute or two before adding anything to them. As soon as they are thick and sticky, they are ready to absorb the oil.

The oil must be added very slowly at first, in droplets, until the emulsion process begins and the sauce thickens into a heavy cream. After this, the oil may be incorporated more rapidly.

The maximum amount of oil one large eggyolk will absorb is 6 oz. or 3/4 c. When this maximum is exceeded, the binding properties of eggyolk break down, and the sauce thins out or curdles. If you are a beginner, start with 1 eggyolk per 1/2 c. oil.

Remedy for turned mayonnaise:

Warm a mixing bowl in hot water. Dry it. Add 1 tsp. of prepared mustard and 1 tbsp. of the mayonnaise. Beat with a wire whip for several seconds until they cream and thicken together. Beat in the rest of the sauce by teaspoons, thickening each addition before adding the next.

MAYONNAISE

1 whole egg or just 2 eggyolks
1 tbsp. vinegar
1/4 tsp. pepper
1 tsp. salt
1/4 tsp. prepared mustard
1 tbsp. sugar
1 c oil
1/2 tsp. hot water

- Combine egg with the seasonings. Beat well until blended.
- Slowly pour in the oil to the mixture, beating well after each addition.
- When properly emulsified, add hot water to remove oiliness.
- Serve as salad dressing.

MAGIC MAYONNAISE

Use for fruits as salad dressing
2/3 c Milkmaid condensed milk
1/4 c salad oil
2 tbsp. vinegar

1 eggyolk
1/2 tsp. salt

- Combine eggyolk with condensed milk.
- Slowly beat in oil and vinegar alternately.
- Add salt and beat well.
- Chill.
- Use as salad dressing.

MISU-TOMATO SAUCE

2 tbsp. misu, salted bean curd
1 tbsp. oil
2 segments garlic, macerated
1/4 c onion, sliced fine
1 tbsp. vinegar
1/4 tsp. pepper
2 tomatoes, sliced fine

- Saute garlic in hot fat.
- Add the onion and tomatoes, cook until done.
- Add misu and mash together.
- Add seasonings and cook until boiling.
- Serve as sauce for Pesa.

Salad Pickles

and

Relishes

VII. SALADS, PICKLES AND RELISHES

ACHARA

1 c vinegar
1 c sugar
1 tbsp. salt
4 c grated green papaya
1 small ginger, cut into strips
1 red pepper, sliced thinly
1 green pepper, sliced thinly
1 onion, sliced thinly
1/2 c amargoso, sliced thinly and blanched (optional)
1/2 c raisins (optional)

* Let vinegar, sugar and salt boil in a saucepan.
* Add ginger and the rest of the ingredients.
* Let simmer.
* Transfer into sterilized bottles or jars.
* Seal; pasteurize if desired.

AMARGOSO SALAD

2 pieces amargoso, cleaned, and sliced thinly
1/2 c cooked shrimps, shelled and sliced
2 pieces tomatoes, diced
2 hard cooked eggs, chopped
1/2 c vinegar
1 tsp. salt
2 tbsp. sugar
1/4 tsp. pepper

* Blanch the amargoso and drain.
* Add the rest of the ingredients and toss lightly.
* Arrange on a bowl and chill.
* Serves 6.

✓ AVOCADO-PINEAPPLE SALAD

1 No. 2 can pineapple tidbits
2 c avocado, diced
2/3 c mayonnaise
1/3 mashed avocados
2 tbsp. dayap

* Combine all ingredients and arrange in a bowl lined with lettuce leaves.
* Chill and serve cold.
* Serves 6 - 8.

BURO

Buro is the term applied to cured vegetables, fish or meat. The acid produced by the presence of fermenting material preserves the vegetables fish or meat.

Burong Mustaza—a popular fermented vegetable is prepared by allowing fresh leaves of mustaza (mustard) to wilt under the sun for two hours. Salt is then sprinkled on top of each leaf and the leaves arranged in layers in an earthen container. Use about 1/2 c salt for every kilo of leaves. Rice water is then poured to cover the layers of leaves. The mouth of the container is then covered with cheesecloth or sinamay to prevent any insect from entering. Let stand for seven days. It is then ready for consumption.

The juice of the preparation is very sour. This can be used in preparing sinigang. It will give a characteristic red color to the meat in sinigang.

The burong mustaza may be prepared as:

Salad—wash the leaves once in cold water. Slice crosswise and serve with fresh tomatoes and onions.

Vegetable for sinigang—no need of washing. Use whole leaves as vegetables.

Omelet—wash and slice crosswire. Saute with onions and tomatoes. Add beaten eggs last.

CABBAGE SALAD

4 c shredded cabbage
1 green pepper, cut into strips
1 red pepper, cut into strips
1 stalk celery, cut into strips
1/2 c vinegar
1 tbsp. salt
2 tbsp. sugar
1 tbsp. salad oil

* Wash and drain all vegetables; chill.
* Prepare dressing by combining the rest of the ingredients in a bottle. Shake well.
* Serve salad crisp with dressing.
* Serves 8.

EGGPLANT SALAD

This can serve as the sauce for pochero.

3 large eggplants, broiled or boiled
1/2 head garlic, macerated
1/4 c vinegar

1 tsp. salt
1/2 tsp. pepper

- Peel and mash the eggplant.
- Combine with the rest of the ingredients and serve.

EGG TOMATO SALAD

3 salted eggs chopped coarsely
1 onion, chopped
3 large tomatoes, sliced fine
1 tbsp. vinegar
1 tbsp. salad oil
1 tsp. sugar
1/4 tsp. pepper

- Combine all ingredients and arrange in a platter.
- Serve cold for 8.

GREEN BEANS SALAD

1/4 k green beans (habichuelas)
2 boiled potatoes, cut into 1 inch strips
2 hard cooked eggs, sliced
1/2 c cooked shrimps, shelled and sliced
2 tbsp. vinegar
2 tbsp. salad oil
1/2 tsp. salt
1 tbsp. sugar
1/4 tsp. pepper

- Remove strings from beans;steam until partially cooked. Cut into 1 inch length.
- Combine with the potatoes, eggs and shrimps.
- Mix condiments well and pour over salad.
- Chill and serve.
- Serves 8.

JACKFRUIT SALAD

1/2 medium sized green jackfruit or camansi
1 c coco cream
1 onion, sliced thinly
1 small piece ginger, crushed fine
1/2 c vinegar
2 tsp. salt
1 tsp. pepper

- Boil the jackfruit or camansi and cut into small pieces.
- Combine the rest of the ingredients and pour over the jackfruit.
- Chill
- Serve as salad.

LETTUCE-TOMATO SALAD

1 head Baguio lettuce, cut into pieces
1 onion, sliced into rings
4 large tomatoes, quartered
1/2 c vinegar
2 tbsp. brown sugar
1/4 c mayonnaise
1 tbsp. paprika
1/2 tsp. salt
1/4 tsp. pepper

- Combine ingredients for dressing in a bottle.
- Shake until well mixed.
- Chill all vegetables and just before serving pour over dressing and toss lightly.
- Serves 8.

MANGO CHUTNEY

1 1/2 c vinegar
3 c brown sugar
1 1/2 tbsp. salt
6 c green mangoes, sliced
1 c onion, chopped
1 c green pepper
1 c red sweet pepper
1 c raisins
6 chili peppers
1/4 c ginger, sliced thinly

- Combine vinegar, sugar and salt. Bring to a boil.
- Add the vegetables and cook until thick.
- Fill sterilized jars.
- Pasteurize in hot bath for 30 minutes.
- Remove from boiling water and tighten cover.

PAPAYA PICKLES

4 c grated green papaya
1/2 c Tagalog onion, peeled
1/4 c red sweet pepper, sliced

1/4 c green pepper, sliced
1/4 c ginger, sliced thinly
1/2 c sliced carrot
1 head garlic, peeled
1 c vinegar
1 c sugar
1 tbsp. salt

- Cook the ginger with the vinegar, sugar and salt. When boiling add the vegetables.
- Cover and put off fire.
- Pack into sterilized jars.

PAPAYA SALAD

2 1/2 c diced firm papaya
1 No. 2 can pineapple tidbits
1/2 c celery, chopped
2 tbsp. onion, chopped
3/4 c mayonnaise
1/2 tsp. salt
1/4 tsp. pepper
lettuce leaves

- Combine all ingredients and arrange in a lettuce-lined bowl.
- Garnish and serve cold.
- Serves 6 - 8.

PINEAPPLE-BANANA SALAD

1 No. 2 can pineapple slices
4 bananas, sliced diagonally
1 No. 4 c chopped peanuts
1/2 c mayonnaise
lettuce leaves

- Arrange slices of pineapple and banana in a platter.
- Top with mayonnaise and chopped peanuts.
- Serve cold for 8.

PINEAPPLE-MACARONI SALAD

1 box salad macaroni, cooked as directed
1 No. 2 can pineapple tidbits
1 c chicken meat, diced
1/4 c sweet pickle relish
1/4 c grated cheese
1/2 c chopped nuts
1 1/2 c mayonnaise

1 1/2 tsp. salt
1 tsp. pepper
red pepper slices

* Arrange red pepper slices at the bottom of the mold.
* Combine into the rest of the ingredients and transfer into the mold. Chill.
* Unmold in a platter and garnish as desired.
* Serves 8 - 10.

PICKLED MANGOES

Cut fresh green mangoes into 1 centimeter thick strips with or without skin. Throw away seeds. Place mangoes in a clean glass jar. Add 1 tbsp. salt and water barely to cover the pieces. Add a few sili labuyo (hot peppers) and cover well. Mangoes will be ready to serve in 3-4 days.

PICKLED GREEN MANGOES, CHINESE STYLE

Peel several green mangoes and cut into strips, bigger than shoestrings.
Allow to stand overnight with plenty of salt.
Next morning, squeeze dry.
Make a syrup of 1 c sugar to 1 c water.
Pour over the mangoes and transfer into sterilized jars.
Place in refrigerator for 2 weeks before serving.

PICKLED KANGKONG

3 c kangkong leaves and tender stems, cut into 2" lengths
1 small piece ginger, cut into strips
1 small onion sliced thinly
1 tbsp. salt
1/2 c vinegar
1/4 c brown sugar

* Wash and clean the kangkong leaves; set aside.
* Bring to a boil the rest of the ingredients then add the kangkong.
* Remove from fire; let cool in the saucepan.
* Place in sterilized jars.

PRESERVED EGGS

6 eggs
2 tsp. salt
1/2 c. sugar
1 small red pepper, cut into rings

2-3 pcs. hot chili peppers
1/2 c. vinegar

Cook the eggs in boiling water, stirring while boiling for about 15 minutes. Stirring is necessary to avoid having the yolk on one side of the egg, otherwise the eggs will "bleed" when placed in the pickle solution.

Boil the pickle solution and when boiling add the peeled hard-cooked eggs to the solution.

Simmer for 5 minutes.

Transfer into sterilized jars and sterilize for 25 minutes.

Cool and store in a cool place.

RADISH-TOMATO SALAD

3 native radishes, grated
3 large tomatoes, roasted over live coals
1 large onion, chopped
1/2 c flaked tinapa
1/2 c vinegar
1 tsp. sugar
1 tsp. salt
1/4 tsp. pepper

* Soak grated native radishes in salt water; squeeze dry.
* Peel roasted tomatoes and mix with chopped onions.
* Combine the rest of the ingredients and toss together lightly.
* Serve cold.
* Serves 8.

UBOD PICKLE

2 qts. chopped ubod
1 qt. water
2 tbsp. rock salt (Not iodized)

Soak the ubod in the brine solution and weigh it down under the brine solution. Keep in refrigerator for 2 days.

Drain and wash with fresh water until salt is removed. Drain.

Pickling solution:

1 qt. pineapple vinegar (Dole)
1 tsp. celery seeds
1-1/2 tbsp. dry mustard seeds
1-1/2 tbsp. dry mustard powder
1-1/2 tbsp. c. sugar

juice of 1 lemon or dayap
3/4 c all purpose flour
1 red hot pepper, crushed

Combine all and make sure there are no flour lumps.
Boil, stirring constantly to prevent burning.
Allow to boil gently for 10 minutes.
Add ubod and let boil again.
As soon as it boils, remove from fire and pack in hot sterile jars, seal and store in cool place.

Selected Recipes

Sweets, Desserts and Merienda Favorites

LIBRARY

Poundcake à la Anchor

2 1/2	*cups cake flour*	*1*	*cup Anchor butter*
1/2	*teaspoon baking powder*	*1*	*cup sugar*
1/4	*teaspoon salt*	*2*	*tablespoons lemon juice*
1	*teaspoon nutmeg (optional)*	*5*	*eggs*

Sift the flour, baking powder, salt and nutmeg together 3 times. Cream the Anchor butter and sugar until light and fluffy. Add the lemon juice and egg yolks which have been beaten until very thick. Fold in the stiffly beaten egg whites and then the dry ingredients. Pour into a greased and floured 9 x 5 x 2-3/4-inch loaf pan. Bake in a moderately slow oven, 325% (163%C), for about an hour. Twelve servings.

FRESH
ANCHOR
BUTTER
the cream and sunshine butter

VIII. SWEETS, DESSERTS, AND MERIENDA FAVORITES

BIBINGKANG GALAPONG

4 eggs, well beaten
1 c sugar
2 c rice flour
1/2 tsp. salt
2 c coconut milk
1/4 c melted margarine
2 tbsp., baking powder

- Add sugar to beaten eggs.
- Combine salt and flour; add to egg mixture.
- Add melted margarine and baking powder.
- Pour into banana leaf lined mold.
- Bake in 375° F. oven.
- Brush top with coco cream and sugar and bake until golden crust is formed.
- Makes 3 large bibingkas.

BIBINGKANG MALAGKIT

2 c malagkit (glutinous rice)
1 c brown sugar
1/4 tsp. anis (aniseed)
3/4 c coco cream
1/2 c sugar

- Boil coconut milk and malagkit with salt.
- Boil until quite dry.
- Lower heat and add brown sugar.
- Place in banana leaf lined baking pan.
- Pour on top the coco cream and sugar.
- Bake until a golden crust is formed.
- Temperature: 350° F.

BIBINGKANG PINIPIG

4 c pinipig (pounded green glutinous rice)
2 c coconut milk
1 c brown sugar
1 tsp. salt
3/4 c coco cream
1/2 c sugar

* Boil coconut milk; add pinipig and salt.
* Cook until dry.
* Transfer into banana leaf lined baking dish.
* Pour over coco cream and sugar.
* Bake until golden crust is formed.
* Temperature: 350 F.

BIKO

1-1/2 c malagkit
1-1/2 c coco cream
2 c coconut milk
1/8 tsp. anise
2 c sugar

*Wash malagkit and drain.
* Place coco cream and coconut milk with the anise in a saucepan.
* Add malagkit and cook over low flame.
* Stir once in a while to prevent scorching.
* When liquid is almost evaporated, add sugar and continuously stir until thick.
* When done, serve with latek.

BRAZO DE MERCEDES

10 eggs, separated
1-1/4 c. sugar
1 tsp. cream of tartar
1/2 can Milkmaid condensed milk
1/2 c. evap. milk
1/2 tsp. lemon rind

Beat the eggwhites with cream of tartar until stiff.
Add the sugar gradually and beat until smooth.
Pour into a jelly roll baking pan lined and greased.
Bake at 350 F. until brown.
Remove from oven and invert on a greased wax paper.
Remove lower wax paper and fill with filling.
Roll and chill.

Filling:

Combine eggyolks with milk.
Cook on top of double boiler until thick.
Spread on meringue.

BRUNN BUTTER CAKE

1 lb. Brunn butter
2 1/4 c. sugar
6 eggs
3 c. cake flour
3 tsp. baking powder
1 c. milk

Cream butter with sugar and beat until fluffy.
Add the eggs, one at a time, beating well after each addition.
Add sifted dry ingredients alternately with milk.
Mix until blended.
Pour into a greased and lined baking pan, tube or rectangular.
Bake at 350° F. for 40 minutes or until done.
Serve plain or with cream.

BUDIN
(PUDDING)

4 eggs, well beaten
2 cans (tall) evaporated milk
2 c toasted bread crumbs
1-1/2 c sugar
1/2 c grated young coconut
1/2 c candied condol, diced
1/2 c candied rimas, diced
1/2 c candied langka, diced
1/2 c raisins
1 tsp. grated lemon rind

- Beat eggs and milk with sugar.
- Add the rest of the ingredients and mix well.
- Pour into the buttered mold and bake in a moderate oven until firm.
- Unmold and serve cold.

"BUNUELOS"

1/3 c margarine
1 c water
1/2 tsp. salt
1 c all purpose flour
4 eggs
oil for frying
sugar for dredging

* Boil together the water, margarine and salt.
* Add flour and stir in one direction only
* Cook until mixture leaves sides of pan.
* Remove from fire and beat in egg, one after another.
* Drop by teaspoonfuls in hot oil.
* Drain and roll in sugar.
* Serves 8.

CALAMANSI CONCENTRATE

Make a syrup of 2 c. sugar to 2 c. water. Cool.
Add the juice of 15 calamansi previously strained.
Pour this mixture in a glass jar and store in the refrigerator.
To make a glassful, fill glass halfful then add water and ice as desired.

CALAMANSI SYRUP

Select ripe but firm calamansi and wash them thoroughly.
Cut the fruit crosswise and squeeze out the juice through a cheese cloth.
Measure the juice extracted.
Freeze the juice overnight.
Remove ice crystals (water content of juice frozen) from the frozen juice and measure remaining juice.
Repeat the same process three times.
Now make a heavy syrup using 1-1/2 c. sugar for every cup of juice.
Strain calamansi syrup through a cheesecloth. Store in sterilized bottle and keep in refrigerator.

CANDIED FRUITS

Candied Orange Peel

Procedure:

1. Scrape pulp from peel of 3 oranges. (You will get neater petals if oranges are cut lengthwise).
2. Cover peel with 1 tablespoon salt in 4 cups water. Weigh down with plate to keep peel under water; let stand overnight.
3. Drain and wash thoroughly. Now cover with cold water; heat to boiling. Drain. Repeat this three times. This helps take away bitter taste of peel. With kitchen scissors, cut into petal shaped strips.
4. Put 2 cups peel into a saucepan; add 2 cups sugar and 1/2 cup water. Stir until sugar dissolves.

5. Cook slowly till peel is translucent, about 30 minutes.
6. Drain; roll in granulated sugar.
7. Dry on cake rack. Place paper under cake rack to catch the drip.

Candied Tamarind

Ingredients:

Long plump, sour tamarind

(1 part sugar to 1 part water)

Procedure:

1. Select long, plump sour tamarind. Remove the shell carefully to retain the natural shape of the fruit. Retain the stem but cut if it is more than one inch long. Do not wash. Set aside.
2. Prepare a thin syrup consisting of 1 part sugar and 1 part water. Prepare enough sirup to completely immerse the tamarind. Stir to dissolve the sugar and bring to boil without any further stirring. Boil the sirup only to completely dissolve the sugar. Boiling may be extended from 1-2 minutes. Cool over a basin of cold water before adding to tamarind.
3. Place the tamarind carefully in a bowl of aluminum or glass pan. Pour the sirup and weigh down the fruit with a dinner plate or saucer to have all fruit completely immersed in the sirup. Place waxpaper first, then put on the weight. Soak shelled tamarind in this sirup for three to four days. The sirup will be very sour after soaking since most of the acid is extracted from the fruit and is replaced by the sugar.
4. Remove the sirup from the fruit and prepare another batch using 2 cups of sugar per cup of water. The first sirup which is very sour need not be thrown away, it may be used for subsequent making of candied tamarind as first sirup but add 2 cups sugar per quart of this sirup. It may also be fermented to make into either wine or vinegar. Another use for it is to serve with crushed ice as beverage. Prepare enough sirup to have all pieces immersed. Proceed as in the first sirup, cooling it first before combining with the drained fruit. Soak the tamarind for 2 to 3 days in this second sirup. It may be necessary to alter the position of the tamarind every two days during the soaking period to have all parts of the fruits sweetened. Taste the tamarind after this second soaking and if the desired sweetness has been reached, drain the sirup. If it needs to be sweetened some more, add 1 cup sugar for

every pint of the second sirup, bring to boil then cool completely. Soak the tamarind in third sirup. Soak one or two days more.

If during any of the soaking periods, the slightest trace of fermentation, molding, or crystallization occurs, drain the sirup from the fruit and bring to boil. HAVE ALL PIECES COMPLETELY IMMERSED IN THE SIRUP AT ALL TIMES.

5. Candied tamarind is finished by draining all sirup completely from each fruit. Lay drained fruit on clean cake racks with a tray or window screens tacked on wooden frames. Dry under the sun for two whole days or place in a warm oven 1500F for 30 minutes for two days until desired texture is reached. Store in cold oven or over a tray or pan of water overnight until drying is accomplished.
6. The candied tamarind will be slightly sticky and chewy after the drying process. Store by wrapping each fruit in white cellophane paper. Arrange in boxes or candy jars. Keep away from very warm or damp corners.

CANDIED CITRUS PEEL

This recipe may give you a complex guilt feeling every time you toss away lemon, orange, lime, grapefruit or even tangerine peelings. This wondrous technique takes only a fraction of the usual time.

In between you know, of course, that you can keep emptied shells or bits of peel in plastic bags in the freezer until you are ready to thaw and deal with same.

3 large oranges or 5 lemons or 7 limes or 2 grapefruit, 1/2 cup sugar.

Peel 3 large oranges so that just the skin is removed, not the bitter white rind. Place overlapping pieces of a peel on a cutting board and cut into fine slivers.

Put slivers in skillet and add enough water to cover generously. Boil for 4 minutes. Rinse with cold water and drain thoroughly in a sieve for 10 minutes.

Place drained peel in skillet. Add 1/2 cup sugar. Allow sugar to melt over low heat without changing color. It will mix with juice of fruit. Cook for 10 minutes; stirring or shaking occasionally.

Remove peels to strainer or wooden bowl. Pat peel onto sides to allow to drain. (Save the flavored sugar that remains for iced tea or daiquiri mix.)

Recipe makes 1 cup candied fruit peel. (You can use the same method for other fruits. Takes about 5 lemons, 7 limes or 2 whole grapefruit for a cup of peel).

CAPUCHINOS

5 eggs, well beaten
1 c sugar
1/2 c melted shortening or oil
1 c flour
1/4 tsp. salt
1 tsp. baking powder
2 tbsp. brandy

* Beat the eggs and add sugar; beat well.
* Add the oil. Mix in dry ingredients and brandy.
* Place in muffin pans and bake at 350 F oven. When done, dip in syrup and cool.
* Serve immediately.

CASSAVA BIBINGKA

(Bibingkang Kamoteng Kahoy)

1 k fresh cassava, grated
2 c sugar
2 c coconut milk
2 tsp. margarine
1 c coco cream)
1/2 c sugar) - - cook together
2 tbsp. cornstarch)

* Combine cassava, sugar, coconut milk and margarine.
* Place in a banana leaf lined baking dish.
* Bake until dry.
* Pour over mixture of sugar, coco cream and cornstarch.
* Bake until brown, at 350° F.

How to Prepare Cassava Flour or Any Root Flour:

Peel the cassava or any root and slice them thinly. Dry under the sun or oven with low heat. If properly dried, they can be kept well in a covered container until needed. Grind through a mill grinder 2 or 3 times. Keep in glass containers ready for use.

Rice Flour

Whether using malagkit or rice, see that it is free from palay, sand and other impurities. Grind through a mill grinder 3 times or more until it is very fine. Place in a covered glass jar for use.

CASSAVA SUMAN
(See under SUMAN)

CHAMPORADO

1 c malagkit
5 c water
3 tbsp. cocoa
1 c sugar
1 c milk, evaporated

* Wash malagkit and drain.
* Add cocoa, water and boil stirring constantly.
* Add sugar and milk.
* Stir and cook 2 minutes more.
* Yields almost 6 c champorado.

CORN MAJA

3 c grated fresh young corn
1 c rice flour
5 c coconut milk
2 c sugar

* Combine all ingredients and pass through a strainer.
* Cook over low fire, constantly stirring until thick.
* Pour and let cool.
* Serve with toasted sweetened coconut.

EMPANADA

2 tbsp. oil
1/2 head garlic, macerated
1/4 c chopped onions
1/2 k ground pork-beef
1 small box raisins
1/2 c diced potatoes or camote
1 small can sweet peas
1/2 tsp. salt
1/4 tsp. pepper

* Saute garlic in hot fat. Add the rest of the ingredients on after another. Simmer until dry. Let cool.

Wrapper:

3-1/2 c all purpose flour
3 tsp. baking powder
1/2 c shortening
1 egg slightly beaten

* Sift all dry ingredients together. Cut into flour mixture the shortening until pea sized.
* Blend in egg and mix well.
* Knead dough until smooth and elastic.
* Get a piece of dough, the size of pingpong ball and roll in a board sprinkled with cornstarch.
* Place about 2 tbsp. of the meat filling in the center and fold to form a crescent.
* Press sides with fork to seal.
* Chill.
* Deep fat fry until golden brown.
* Makes about 1-1/2 dozen empanada.

ESPASOL

1 c malagkit
4 c rice flour, toasted until light brown.
2 c sugar
Anise seeds
1 c coconut milk
1-1/2 c toasted shredded coconut

* Boil the malagkit.
* Place sugar, anise seeds and coconut milk in a saucepan; let boil until thick.
* Add toasted shredded coconut and cook for 3 minutes.
* Add boiled malagkit, stir and cook until thick.
* Remove from fire and add 3 c toasted rice flour.
* Mix with a wooden spoon and pass through a meat grinder.
* Divide into 2 parts and roll 2-1/2" diameter using the rest of the rice flour for rolling.
* Slice into 1/2" thick.
* Yields about 30 pieces.

FLAKY PIE CRUST

3 c. all purpose flour
1 tsp. salt
1-1/4 c. shortening
1 egg, well beaten
1 tbsp. vinegar
4 tbsp. water
Sift dry ingredients.

Add shortening and cut until coarse crumbs are formed.
In a small bowl, beat the egg well and add the vinegar and water.
Brizzle over the flour mixture and mix lightly.
Form into a ball.
Divide into 4 portions and roll out each portion on a lightly floured surface.
Fit into desired pie pans.

FOOD FOR THE GODS

6 eggs
1 c. brown sugar
1 c. fine bread crumbs
1 tsp. baking powder
1 c. finely chopped nuts
1 c. finely chopped dates
6 tbsp. all purpose flour, to dredge the nuts and dates

Beat eggs until thick and lemon colored
Add sugar gradually, continuously beating until very thick.
Gently fold in the rest of the ingredients.
Pour into a greased and lined baking pan.
Bake at 350 F. until done.
Serve with cream or ice cream.

FRUIT GULAMAN

1 bar gulaman
1-1/2 c water
2/3 c sugar
1 c fruits, mixed
1 c coco cream

* Boil gulaman with sugar and water.
* Strain and add coco cream.
* Pour into a mold and let set.
* When partially set, add fruits.
* Chill and serve cold.

HOW TO MAKE FRUIT JELLY

1. Wash and cut off stems and blossoms ends. Boil for 5 minutes using 5 cups of water for every kilo of fruit.
2. Remove the water and set aside; mash the fruit with a wooden spoon. Return the water and boil slowly in a covered saucepan for another 15 minutes.
3. Strain the juice with a moistened jelly bag. Twist the open end of the bag using only enough pressure to squeeze the fruit but not the pulp. Second extracting can be done with the same procedure (1-3).
4. Add 2/3 to 3/4 cup of sugar per cup of fruit juice. The amount of sugar to use depends on the pectin content of the fruit juice. A fruit juice rich in pectin can be cooked with a higher ratio of sugar.
5. Combine fruit juice and sugar in the saucepan. Boil until sugar dissolves completely. Strain juice through a clean moistened jelly bag.

6. Boil the juice as vigorously as possible until jellying point is reached.
7. Allow the bubbles to subside completely. Or else pouring the jelly into the warm jelly glass, it may be necessary to place a square of clean sinamay over the jelly glass to strain off the scum or bubbles.
8. Set aside to cool undisturbed. Pour melted paraffin before the jelly cools completely. Store jelly away from light.

PAPAYA JELLY

Steps in Preparation:

1. Combine papaya and 2 cups water, 2 tablespoons kalamansi juice and 1 tablespoon citric acid.
2. Boil 15 minutes.

SANTOL JELLY

Steps in Preparation:

1. Blanch santol in boiling water for five minutes.
2. Cut crosswise, remove seeds and cut pulp. into small pieces 1/8 inch thick. Combine seeds and cut pulp.
3. Cover with hot water using two cups per quart of cut fruit.
4. Boil slowly for twenty minutes.
5. Strain through a jelly bag.
6. The method of cooking for jellying point is the same as for any fruit jelly.

GINATAAN

2 medium sweet potatoes, diced
1/2 c ubi, diced
1/2 c gabi, diced
1/4 c sago, soaked in water
1 c saba bananas, sliced
1/2 c langka, sliced
3 c coconut milk
3/4 c sugar
1/4 tsp. anis
1 c coco cream

- Combine sweet potatoes, ubi and gabi in a saucepan, add enough water to cook; cook till done.
- Add sago and cook until transparent.
- Add bananas, langka and coconut milk.
- Let boil; add sugar and anis.
- When done, pour over coco cream and serve for 8.

GINATAANG MUNGO

2 tbsp. mongo, toasted in a skillet.
1 c malagkit
5 c coconut milk
1 c coco cream
1 c sugar

- Parch the mongo; rub off husks and winnow.
- Combine malagkit and mongo; wash well and cook in coconut milk until done.
- Remove from fire; stir in coco cream and sugar.
- Serve hot or cold for 10.

GUAVA BUTTER

The pulp from the guava jelly may be used. Pass the pulp through a piece of sinamay to get fine pulp. To every cup, use 1/2 c. sugar. Cook until thick. Pack, sterilize and store.

GUAVA JAM

Use ripe fruit only. Wash the guavas and mash. Measure; for every cup use 3/4 c sugar. Cook until thick enough to spread on bread. Pack and sterilize.

GUAVA JELLY

Have a mixture of ripe and underripe guavas. Core and wash. Cut into quarters and measure. To one part of guavas, add 2 parts water. Boil until soft. Strain through jelly bag. Hang the bag for the juice to drip. Measure the juice. To every cup of juice add 1/2 c sugar and 1 tsp. calamansi juice. Boil again until 106° C (soft) or 108° C. (hard). Pour into glassjars and remove scum. When cool, pour melted paraffin about 1/8" thick.

GUAVA LOAF (MEMBRILLO)

Cut the fruits into half and boil for at least 30 minutes with equal amount of water. Strain through a piece of cheese cloth and reserve the juice for jelly making. Pass the guava residue through fine sinamay cloth. Measure: for every kilo of fine pulp, add 1/2 kilo of refined sugar. Cook slowly in large vat. Stir constantly to avoid scorching. Cook until a thick paste is obtained. While hot, add to it equal amount of boiling guava jelly and stir until thoroughly mixed. Pour homogeneous mixture in a loaf pan, previously lined with melted butter. To serve, immerse in hot water to remove loaf.

GUAVA MARMALADE

This is a combination of guava jelly and guava preserve. Slice the guava preserve into small thin pieces. Cook the jelly and when jelling point is reached, add the guava preserve and continue cooking for 5 minutes. There must be equal amount of jelly and preserve. Pack and sterilize.

GUAVA PRESERVE

Select fresh, ripe firm guavas. Peel with sharp knife. Cut into halves and remove seeds. Wash well. Cook in 2:1 syrup for 15 minutes. Leave in syrup overnight. Cook again until syrup is thick. Pack and sterilize.

GUAVAS WITH COCO

3 c seeded and sliced ripe guavas
1 1/2 c coconut milk
1/2 c sugar
1/4 tsp. salt
1/2 c coco cream

- Boil the guavas, coconut milk and sugar.
- Add salt and stir.
- Remove from fire and add coco cream.
- Serve cold.

GULAMAN FOR DESSERT

For some unknown reason people go on using gulaman in the same old ways over and over, yet there is such a wonderful variety of ways to use it. It has many advantages over animal gelatin products because it gels even without refrigeration and holds its gel even if warm. It is easy to store and won't harden or lump as other gelatins do. Try making this chocolate pudding.

1 stick white gulaman
1 cup water
1-1/2 cups milk (3/4 cup water and 3/4 cup evaporated milk)
2 tablespoons cocoa
1/4 teaspoon salt
1/2 teaspoon vanilla extract
1 egg white, beaten stiff
1/4 cup sugar

Boil gulaman in water until dissolved. Add milk, sugar and salt. Mix the cocoa with a little bit of hot water to make into a smooth paste and then stir it into the mixture. Allow it all to simmer gently for minutes while stirirng. Pour the mixture through a fine wire sieve into a bowl, add the vanilla and stir and then fold in the stiffly beaten egg white. Pour it into a mould and chill in refrigerator until ready to serve. Serve with whipped cream or a thin custard sauce—or, just before serving, stir vanilla ice cream until it is soft and spoon a bit over each serving.

GULAMAN DELIGHT

1 stick white gulaman
2 cups water
1 cup Liberty evaporated milk
3/4 cup sugar
Juice of 1 or 2 limes
A few drops green food coloring
1 stiffly beaten egg white

Boil the gulaman in the water until it is dissolved thoroughly and completely. Add the sugar and stir until completely dissolved and then add the milk and stir continuously until it just comes to a boil. Remove from heat immediately and strain through a fine sieve into a glass or plastic bowl. Add the coloring and stir until the color is evenly distributed. Add the lime juice and stir again. When the jelly begins to cool and starts to set, fold in the stiffly beaten egg white and pour into mould and refrigerate until well jelled. Unmould to serve. Top each helping with custard sauce.

KUTSINTA

1 1/2 c water
3/4 c sugar
1 c rice flour
1 tsp. lye solution

* Combine sugar, lye and water and bring to a boil.
* Cool. Add to rice flour and stir until smooth.
* Pour into kutsinta molds and steam for 15 minutes.
* Serve with grated coconut.

Homemade lye:

Burn wood till all turns into ash.
Sift and save fine dust.
Place in a bottle till needed.
When needed, boil enough with equal part of water.
Strain in double thickness cloth and save water.
Use water as lye.

LECHE FLAN

Carameling 1/4 c sugar in a mold.
4 whole eggs, slightly beaten
1 tall can Liberty evaporated milk
1 c sugar
tsp. lemon rind

- Combine all ingredients and beat very lightly.
- Strain into mold with caramelized sugar.
- Steam both or bake until firm.
- Cool before unmolding in a platter.

MACAPUNO JELLY

1 1/2 sticks red gulaman
1 cup water
1 cup thick coconut cream
1 cup macapuno preserves
Sugar to taste

Soak gulaman in water for 15 to 20 minutes and then bring to a boil and simmer until gulaman is dissolved. Add all other ingredients and sweeten to taste. Pour into a mould and allow to harden. When cool, refrigerate. Unmold to serve.

MACAPUNO PIE

Combine meat from one macapuno with 1/2 c. sugar and cook over medium heat until thick.
Combine in another saucepan:

1 can Liberty condensed milk
4 tbsp. all purpose flour
1/4 c water
4 eggyolks

Cook until thick over low fire.
When thick, add macapuno mixture and 1/4 c. butter.
When cool, add 1/4 tsp. dayap juice and 1 tbsp. dayap rind.
Pour into prepared pie crust, pre-baked and cooled.
Beat the 4 eggwhites until stiff and 1/4 c. sugar. Top this into pie and bake 5 minutes at 425° F. or until brown.

MAJA BLANCA

1/2 c cornstarch
1/2 c sugar
2 c coconut milk

- Combine dry ingredients in a bowl.
- Add 1/4 c water and stir.
- Let coconut milk boil and gradually add in the starch mixture.
- Boil for 5 minutes or until starch is cooked.
- Pour into oiled mold and let cool.
- Serve with grated, toasted sweetened coconut meat.

1 c grated coconut meat, defatted
1/3 c sugar

- Toast in a skillet the coconut and sugar until brown and crisp.

MANGO BUTTER

Scrape off pulp from ripe mangoes and mash it fine by passing through sieve or sinamay. To each cup of pulp add either 1/3 or 1/2 c sugar. Boil until thick. Pack while hot in well sterilized jars.

MANGO JAM

Scrape the pulp from ripe mangoes and mash. Use stainless knife and utensils to prevent discoloring. Measure: to every cup of pulp add 1 c white sugar. In case of sour mangoes, increase sugar to 2/3 c. Stir while cooking until thick. Pour while hot in jars. Sterilize and cool.

MANGO PRESERVE

Select only fairly ripe but firm mangoes. Slice the mangoes and scoop the pulp with a stainless spoon or pare the mangoes whole and slice. Trim the sides and drop in water. Drain. Pack nicely in jars and pour boiled syrup on the proportion of 1:1. Half seal and sterilize quart for 20 minutes. Seal completely after sterilization. Invert to cool.

MANGO CANDY
(Pastillas de Manga)

Scrape off pulp from ripe mangoes; using stainless knife and utensils. To every cup of pulp add 1/2 c sugar. Boil until very thick or until it forms a ball when dropped in cold water.

Transfer mixture to rolling board and dust with sugar. Roll into 1 cm. thickness and cut to desired sizes. Roll in sugar and wrap in oil paper.

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CARIBBEAN CUSTARD

Makes 4 servings

- 1 package (regular size) Royal Flan
- 2 cups milk
- 2 tablespoons light rum
- 1/4 cup dark molasses
- 1/4 cup light corn syrup
- 1/4 cup shredded coconut

Combine Royal Flan and milk in a saucepan. Bring to a full boil over a low flame, stirring constantly to prevent sticking. Remove from heat and stir in rum. Pour at once into heat-resistance molds. Chill until firm.

When ready to serve, unmold desserts onto dishes. Blend together molasses, corn syrup and coconut and spoon over each serving.

Serve with heftier brewed Chase & Sanborn coffee!

STRAWBERRY-MANGO MOLD

Makes 6 to 8 servings

- 2 packages Royal Strawberry Gelatin
- 2 cups boiling water
- 1-1/4 cups cold water
- 1/8 teaspoon ground cinnamon
- 1 cup diced mango
- 2 cups prepared whipped topping

Dissolve 1 package Royal Strawberry Gelatin in 1 cup boiling water; add 3/4 cup cold water. Chill until slightly thickened.

After twenty minutes, dissolve remaining package of Royal Strawberry Gelatin and cinnamon in 1 cup boiling water; add 1/2 cup cold water. Chill until slightly thickened.

When first gelatin has become slightly thickened, still in mango. Pour into a 6-cup mold. Refrigerate.

When second gelatin has become slightly thickened, fold into prepared whipped topping. Carefully spoon over mango layer. Chill until firm. Unmold to serve.

MASAPAN DE BUKO

2 c chopped young coconuts
1 tall can evaporated milk
1 1/2 c sugar
2 tbsp. Anchor butter
4 eggyolks, beaten
1 tbsp. cornstarch
1 tsp. lemon rind

* Combine young coconut, milk and sugar in a saucepan.
* Cook over low fire until thick.
* Add beaten eggyolk and cornstarch.
* When thick, add lemon rind and butter.
* Fill small paper cups and bake in a hot oven (425 F.) until brown.

MASAPAN DE PILI

2 c ground pili nuts
1 c sugar
6 eggyolks
1/2 c Anchor butter

* Combine ingredients in a saucepan.
* Cook until thick.
* Place in small paper cups and brush tops with beaten eggyolk.
* Bake in a hot oven until brown.

NATA DE COCO

12-cups coconut water
1-cup sugar
1/4-cup nata starter
2-tabsp. glacial acetic acid
Ammonium sulfate

Strain the coconut water through a cheesecloth. Add the sugar and the acetic acid. Boil for ten minutes and let cool. Add the nata starter and distribute the mixture equally in gallon glass jars to about 2 to 3 inches deep. Add a pinch of ammonium sulfate to each jar for a more rapid growth of the nata). Cover the jars with paper and set aside undisturbed for about two weeks. Harvest the nata when they are about an inch thick. Wash thoroughly and cut into cubes. Soak in water for two days changing the water often to remove the sour odor. Boil in plenty of water for 3 or more times until the sour taste and odor are completely removed.

Cook in syrup made up of 2 parts sugar and 1 part water for 30 minutes. Soak in the syrup overnight. Add pineapple, nangka or any desired flavoring. Boil for another 30 minutes. Pack in preserving jars and sterilize pint jars in boiling water for 25 minutes, or 10 lbs. 10 minutes in a pressure cooker. Seal tightly.

NATA DE PINA

Select ripe native pineapples. Wash thoroughly to remove soil. Cut off the ends and divide the pineapple into small parts. Pass the pieces through a meat grinder and extract the juice by pressing lightly with the hand. (The extract may be made into juice or wine.) To the pulp, add an equal amount of water. To every 5 cups of the mixture, add 1 cup sugar. Mix well. Place the mixture in gallon glass jars one-third full. To every 4 cups of pulp add 1/4 cup of starter. Cover with paper and set aside for three weeks to allow the nata to grow. Harvest the nata and wash thoroughly. Cut into cubes or strips and soak in water for a day or two changing the water after every boiling until the odor and taste of vinegar is removed. Cook in syrup (2 parts sugar to 1 part water) for 30 minutes. Soak in the syrup overnight. Flavor with cubed-fresh pineapple or canned pineapple juice and boil for another 30 minutes. Pack in preserving jars and sterilize pint jars for 30 minutes in boiling water.

(Note: — After the nata is removed from culture jars stir in 1-tablespoon sugar and 1-cup water. Cover the jar and allow the nata to grow. Four or five harvests may be made, repeating the same procedure).

PALITAW

2 c ground malagkit (grind 3 times)
1 c water
1 c grated coconut
1 c sugar
1/4 c toasted liñga

* Soak malagkit flour with water for at least 1 hour.
* Form into small balls and flatten with fingers to form tongues.
* Drop in boiling water. When they float, skim and drop in cold water.
* Drain and roll in mixed coconut, sugar and liñga mixture.
* Serve cold.

PASTILLAS DE MANI OR PILI

1 can Milkmaid condensed milk
1 c ground nut
1 tbsp. corn syrup
1 tsp. flavoring

- Combine all ingredients and cook until paste-like in consistency.
- Transfer into buttered board and roll out 1/2 inch thick.
- Cut into pieces and roll in wax paper
- Wrap in wax paper.

PEANUT BUTTER

2-1/4 c peanuts
1/2 tsp. salt
2 tbsp. sugar

* Pass peanut through a stone grinder as many times as needed to make it fine and smooth. Add salt and sugar and pass again through grinder several times until very smooth, fine paste is obtained. Pack in sterilized jars and seal air-tight.

PEANUT MASAPAN

1 c ground peanut
3/4 c sugar
1-1/2 c Bear Brand milk
1 egg

* Mix all the ingredients except the egg. Cook the mixture until thick. Cool. Add beaten egg. Return to fire and cook slowly, stirring constantly until desired consistency is reached. Shape into desired forms and bake until brown.

POLVORON

1 c toasted flour
1 c Bear Brand powdered milk
3/4 c sugar
1/2 lb. butter, melted
1 tsp. lemon extract
1/3 c chopped casuy (optional)

* Combine all ingredients and mix very well.
* Shape in polvoron mold.
* Wrap each in colored paper.

POWDERED MILK PASTILLAS

1 c powdered milk
1c sugar
1/4 c warm water
1/4 c finely chopped nuts

* Combine all ingredients and blend well.
* Roll out in wax paper.
* Cut out into pieces and wrap in wax paper.

PUTO

1 c rice flour
1 c water
1/3 c coconut milk
1 tbsp. baking powder
3/4 c sugar

- Soak rice in water until soft.
- Add coconut milk, baking powder and sugar.
- Let stand for a few minutes.
- Fill molds 2/3 full and steam over boiling water.
- When done, set molds in cold water.
- Serve with grated coconut.

ROYAL BIBINGKA

3 eggs
1-1/2 c sugar
1-1/4 c coconut milk
2 c flour
4 tsp. baking powder
1-1/2 tsp. salt
melted margarine, grated cheese

Beat eggs until light and creamy. Dissolve sugar in 1/2 of the coconut milk. Mix and sift dry ingredients and by spoonfuls to the sugar and milk mixture. Add the rest of the coconut milk alternately with the dry ingredients. Fold in well beaten eggs. Line 2 round pan and bake in a moderate oven for 20-25 minutes. Top with melted margarine and grated cheese.

SANTOL PRESERVE

Wash and blanch the santols for 10 minutes in boiling water. Place in cold water and peel thinly. Cut into halves and remove seeds. Soak the pulp in rice water overnight. The next day, wash well and boil in plenty of water for 10 minutes. Wash and drain. Prepare syrup of 2 parts sugar and 1 part water. Strain and cook santol pulp in the syrup for 30 minutes. Let the fruit stand in the syrup overnight. Then boil the next day until syrup thickens. Fill up with newly prepared syrup if a clear product is desired. Remove any air bubbles; half seal the jars and sterilize for 30 minutes.

SAPIN-SAPIN

2 c rice flour
5 c thick coconut milk
2-1/2 c sugar

1 c ubi, boiled, mashed and strained
red food color
latik
toasted coconut

- Line a steamer with cheesecloth and banana leaves.
- Combine rice flour, sugar and coconut milk.
- Divide into three portions.
- To one portion, add the ubi.
- Pour into the lined steamer and steam until firm.
- To another portion, add red food color to make a light pink color. Pour over the first layer. Steam until firm.
- Pour the third portion on top of the pink layer and steam until firm.
- Cool.
- Slice and serve with coconut and latik.

SUMAN

Suman is made of glutinous rice with or without salt and sugar, wrapped in banana leaves, some cooked in coconut milk while others are treated with lye to produce a characteristic flavor and color.

Suman may also be made from root crops such as cassava and arrow root. These are usually grated and sugar is added.

SUMAN CASSAVA

1 c thick coconut milk
2 c grated cassava
3/4 c sugar
1 c grated young coconut
wilted banana leaves for wrapping

- Cook cassava and coconut milk until thick.
- Add sugar and young coconut.
- Place about 2 tbsp. of the mixture per suman and wrap in banana leaves.
- Steam until well cooked.
- Makes about 1 dozen medium sized suman.

SUMAN MARUECOS

2 c malagkit rice
1 c rice
2 c water

- Grind rice and malagkit to make flour.
- Soak in water overnight.

- For every cup of the mixture add:
  - 1 c coconut milk
  - 1/2 c brown sugar
- Cook mixture until thick.
- Cool and wrap 2 tbsp. of the mixture in a piece of banana leaf 4" x 4" which has been wilted.
- Tie in pairs and steam for 30 minutes.
- Cool and serve

SUSPIROS DE PILI

2 c sugar
2 tbsp. corn syrup
1 c pili nuts

- Carmelize sugar with corn syrup.
- Place nuts on board and pour over syrup.
- Pull each nut to form threads.
- Wrap each in wax paper.

TAMALES

2 c toasted rice, ground
1/2 c brown sugar
4 c thick coconut milk
1 tbsp. black pepper
1 tbsp. salt
1 c coco cream
1 c chopped roasted peanuts
1 tbsp. oil
1 tbsp. achuete seeds
1/4 k pork, boiled and sliced
1/4 k ham slices
Slices of chicken breast, cooked
Hard cooked egg slices.

- Combine ground rice, coconut, sugar, salt and pepper; cook until smooth.
- Add coco cream and chopped peanuts.
- Heat oil and render off color of achuete seeds. Add color to half of rice mixture.
- Prepare banana leaves together by wilting and cutting into 10" wide.
- Place two banana leaves together and place 1 tbsp. colored rice in center and top with another tbsp. of uncolored mixture.
- Top with slices of pork, ham and chicken and hard cooked eggs.
- Steam in hot water for about an hour or until cooked.
- Serve cold.

TOCINO DEL CIELO

1/4 k sugar
1-1/2 c water
7 eggyolks
1 tsp. lemon rind

* Boil 1 c water and the sugar. After it has boiled add the rest of the water and let boil until a thick syrup is formed.
* Beat the eggyolks.
* Pour a little of the syrup in the mold and the rest into the eggyolk.
* Strain mixture over a cheese cloth.
* Pour into syrup lined molds.
* Steam bath for 10 minutes.
* Cover with wax paper and bake until top is light brown
* Cool and transfer into paper cups.

UKOY

1/2 c mongo sprouts or togue
2 tbsp. flour
1/2 c cornstarch
1-1/2 c shrimp juice
1 egg
2 tbsp. green onion
1/4 c sliced shrimps
6 segments garlic, sliced thinly
2 tbsp. salt.

* Combine flour, cornstarch and salt. Add shrimp juice.
* Beat in egg; add mongo sprouts and green onion.
* Place 1/3 c on a saucer; slide into hot fat and deep fat fry.
* When almost done, place garlic and shrimp slice on top of each portion and fry until brown.
* Serve with vinegar, garlic and salt mixture.

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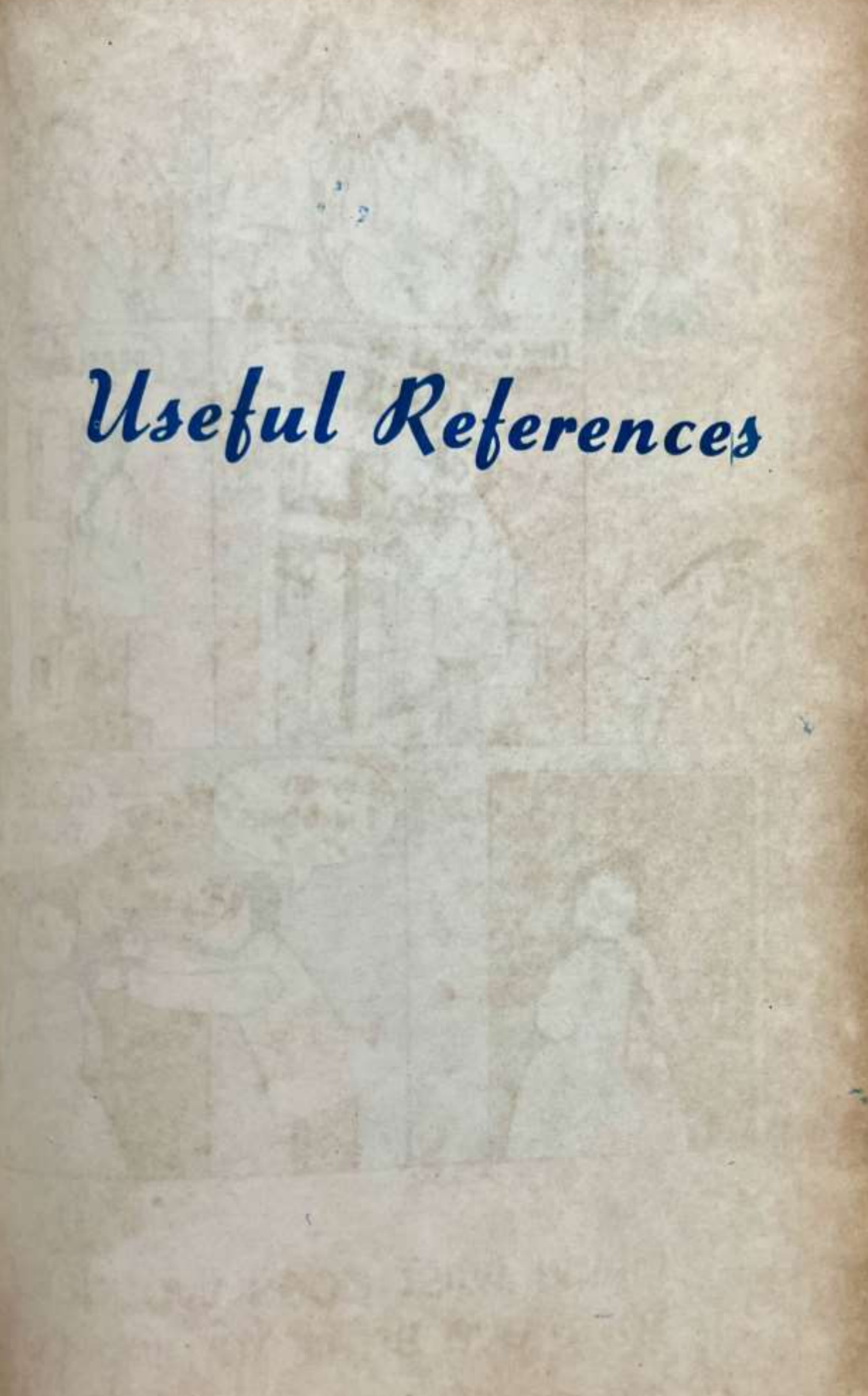

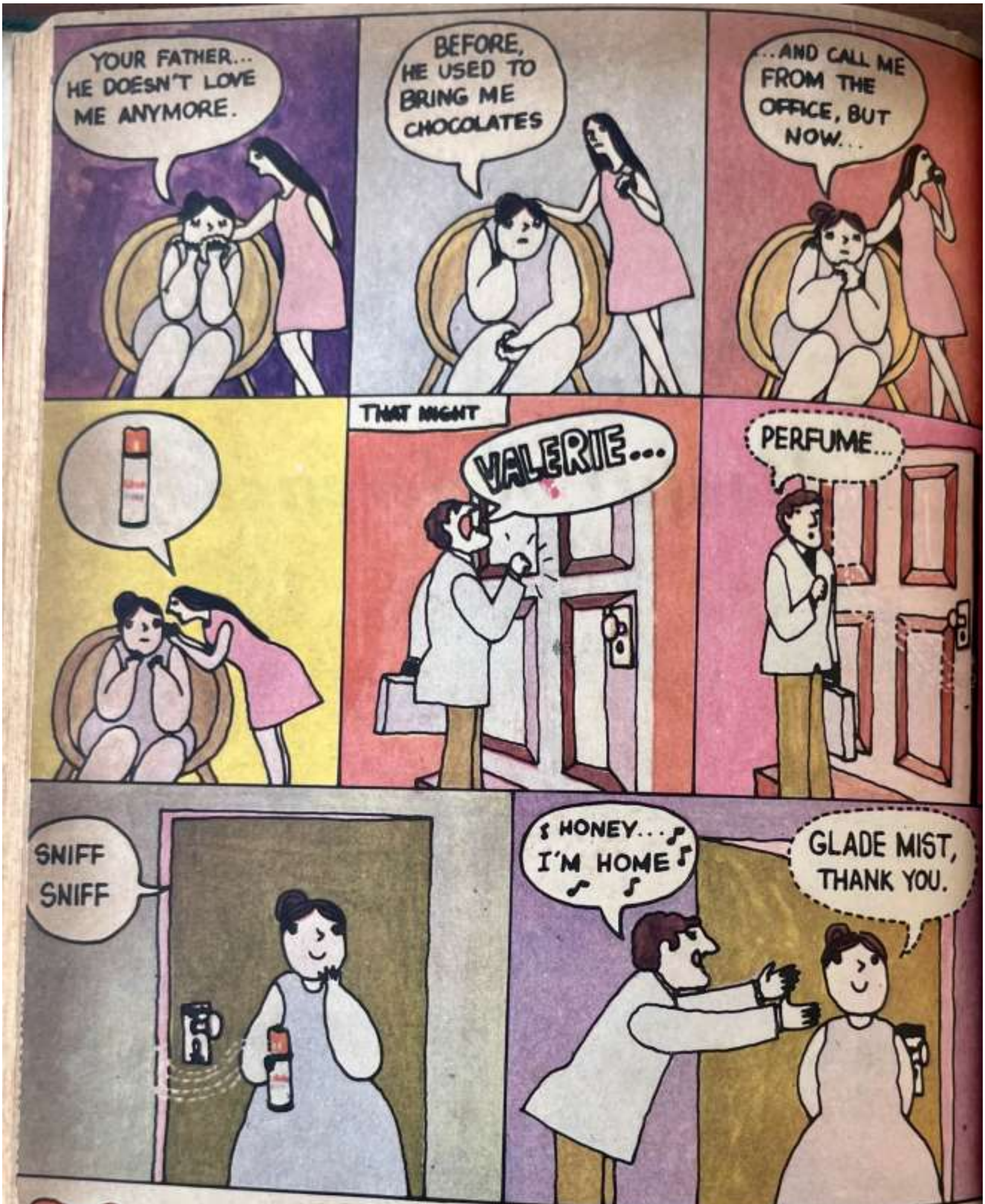
YOUR FATHER... HE DOESN'T LOVE ME ANYMORE.
BEFORE, HE USED TO BRING ME CHOCOLATES
...AND CALL ME FROM THE OFFICE, BUT NOW...
THAT NIGHT
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PERFUME...
SNIFF SNIFF
HONEY... I'M HOME
GLADE MIST, THANK YOU.

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Johnson

PHILIPPINE COOKERY REFERENCE VOCABULARY

ADOBADO — a Philippine meat dish similar to "adobo" but differs in the latter in that the pieces of meat and garlic are browned by pan-frying. Little broth and vinegar are added back as sauce before serving. See "ADOBO".

ADOBO — a Philippine meat dish prepared by marinating pieces of beef, chicken, pork or a mixture of meats in vinegar, crushed garlic, spices and sometimes, soysauce. The mixture is simmered until meat is tender and finally allowed to brown in its own fat. Fleshy fish may be cooked into "adobo".

AGAR or AGAR-AGAR — A carbohydrate obtained from red seaweeds or Ceylon moss. It is also called "vegetable gelatin" and differs from GELATIN obtained from the connective tissues of meat. Agar or vegetable "gulaman" is locally available in bars or shreds contrasted to the real gelatin (which is a by-product of the meat industry) sold by the trade name, "Knox," or as used in the boxed gelatin desserts sold as "Jello" or "Royal." Besides its uses as gelatin desserts, "gulaman" and gelatin are good stabilizers in foods like ice-creams and candies.

AGO-OT — type of fresh-water fish called spotted grunt. Average length is 30 centimeters and it has spiny fins. Best served as fried fish or in "sinigang" when very fresh.

ALAKAAK — type of fish called 'plain croaker'. Suitable for frying and for cardillo.

ALAMANG — tiny shrimps smaller than "dilis" or about 1 to 2 cm long. Often used in "patis" and "bagoong" making. See "BAGOONG" and "PATIS" for details.

"ALIGE" or *"ALIGI"*	yellow to orange-red fatty portion in crabs, usually deposited near the head opening.
ALIMANGO	large crab, usually of black or dark grey shell.
ALIMASAG	crab smaller than "ALIMANGO" which has spotted shell, usually softer than the large black crab.
ALMONDIGAS	meat balls or "bola-bola"
ALMUSAL	breakfast.
ALUGBATI	malabar night shade leaves. A dark green leafy vegetable cooked like "KAMOTE" leaves.
ALUMAHAN	striped mackerel.
AM or *AM-AM*	cereal water, usually from cooking rice.
AMPALAYA	bitter melon. A vegetable added or used in "Pinakbet", "Bulanglang", "Gisado" or sautees and pickles.
AMPAW	sweteened puffed rice.
ANCHOVIES	small fish used in "PATIS" and "BAGOONG". Locally called "dilis". In foreign cooking, it is often served as an appetizer or in pizza pies.
ANIS	ANISE SEED — a spice with strong licorice flavor. Used whole or ground in cake, cookies, breads, beverages and salad dressings. Also spelled as "aniseed". Locally called ANIS and used in "GUINATAAN", "SAPIN-SAPIN" and "PUTO".
ANNATTO	red seeds used as a food coloring as in "pansit sotanghon" or "karikari". Locally called "ATSUWETE".
ANONAS	also Anonas in English, a fruit as big as "Atis" but more oblong than round. The "eyes" of the peel are small and not as well-marked as those of the "Atis" and it has a coarser, sandy texture.

APAHAP — two-finned sea bass. Best served as "Sinigang" or steamed with mayonnaise topping.

APOG — lime or calcium oxide. Used for firming fruits as in candied "kondol"

APULID — water chestnut.

ARARO — arrowroot starch.

ARROZ CALDO — a rice gruel usually with chicken or tripe pieces seasoned with "PATIS" or salt and slivers of ginger. Garnished with minced green onions.

ASADO — meat dish simmered in soy sauce, bay leaves, onions, tomatoes and peppercorn.

ASADO DE CARAJAY — pan-broiled. Usually applies to meats.

ASIN — see SALT.

ASOHOS — banded whiting.

ASUKAL — see SUGAR

ASUGON — banded barracuda. Type of fish.

ATAY — liver. A VARIETY MEAT used in "Dinugan," "bachoy." Served simply as pan-fried or broiled ("inihaw").

ATIMOYA — a fruit which is the cross of "atis" and "anonas", but has fewer seeds and smaller "eyes" than "atis". Texture and flavor is similar to "anonas".

ATIS — sugar apple, a seedy, sweet fruit.

ATSARA (ACHARA) — pickles.

ATSUWETE (ACHUETE) — see ANNATTO.

AYAP — or "sigarilyas". Winged beans. A vegetable for "bulanglang", "pinakbet" or "atsara".

AYUNGIN — silvery theraponid. A type of fish best served in "paksiw" or "pangat."

BABANSI — a type of fin-fish; four-lined theraponid.

BABOY LITSONIN — suckling pig good for roasting, about 5 to 6 months old.

BACHOY (BATSOY) — variety meat dish consisting of liver, kidneys, heart and tenderloin sauted in onions, garlic and ginger. Seasoned with salt or "patis" and simmered with additional stock. Garnished with fresh green onions or "kutsay".

BAGA — lungs, used along with other variety meats in recipes like "bopis," "igado", and "dinuguan".

BAGOONG — salted and fermented shrimps or small fishes, like dilis, alamang, and sisi.

BAHAY-GUYA — uterus, used along with other variety meats in Philippine recipes like "dinuguan," "tinumis," "pinapaitan," "arroz con goto", or "pulutan".

BAKOKO — a type of fish; fresh-water porgy.

BALIMBING — a type of fruit — carambola or bilimbi.

BALIWIS — wild duck. Suitable for cooking "pato tim" or roasting.

BALUT — fertilized duck's egg. Not the same as "penoy", which is simply hard-cooked duck's egg.

BANAK — a type of fish; grey mullet.

BANGUS — milkfish; suitable for "relleno", fried broiled, "paksiw", "tocho", "sinigang", "daing" or canned, salmon style.

BARQUILLO — or "APA" — paper-thin wafer, delicately brown and crisp; usually rolled.

BASI — fermented drink from sugar cane, a popular alcoholic beverage of the Philippines.

BATAW — hyacinth bean, a leguminous vegetable of green pods and usually purplish edges.

BATO — kidney. Used with other variety meats in Philippine recipes like "bachoy", "bopis", and "binagis" ("igado").

BAYABAS — guava. See FRUIT.

BEEF CUTS — Local terms and some suggested cooking methods:

- Brisket — "punta y pecho" (simmer, corned)
- Chuck — "paypay" (braise, simmer, pot roast)
- Flank — "kamto" or "kabilugan" (stew)
- Fore Shank — "kenchi (stew, braise)
- Hind Shank — "kenchi" (stew, braise)
- Loin End — "cadera" (broil, roast, steak)
- Plate — "tadyang" or "liampo" (stew, fry, broil)
- Neck — "leeg" (fry, broil)
- Ribs — "costillas" (broil, roast)
- Round — "pierna corta" (braise, roast)
- Rump — "tapadera" (braise, roast)
- Short Loin — "cadera" (broil, steak)
- Short Ribs — "costillas" (braise, stew)
- Steaks (roast or grill);
  - Sirloin — "tagilirang hulihan"
  - Porterhouse — "tagilirang gitna"
  - Club — "tagilirang unahan"
- Tenderloin — "solomillo" (fry, broil)

BEER — a beverage containing about 3 to 8 per cent alcohol brewed from malt or from any substitute, such as grains, grain products, sugar or syrups. Types of beer are:

- Bock beer: heavy brewed beer, dark in color and rich in taste.
- Lager beer: made by bottom fermentation; low in alcohol content and rich in extracts.
- Ale: lightly colored beer made by top fermentation; contains more alcohol and hops than regular beer.

Porter: a heavier and darker ale made with longer dried, roasted or caramel malt with less hops.
Stout: similar to porter except that it has a heavier malt flavor; is much darker and sweeter than any malt liquor.

BIA or BIYA — goby; a type of fish suitable for frying, paksiw, sarciado, ginataan, etc.

BIBINGKA — Philippine breakfast or snack item made of "galapong", coconut milk and sugar. Batter is poured in a banana-lined clay container and heated with live coals (or baked in an oven). It is served with grated coconut. Variations such as adding "pinipig" (Bibingkang pinipig"), cheese, salted eggs and butter (Bibingka-especial) and "malagkit" (Bibingkang malagkit) are common.

BIDBID — ten-pounder. A fleshy fish suitable for frying, sinigang, escabetse, etc.

BIHON — rice noodle; commonly used for pancit recipes like, guisado, luglog, or "palabok".

BIKO — made of glutinous rice in coconut milk and sugar. It is lined with banana leaves and garnished with "latik".

BISCOCHO — well-dried toast. Usually powdered for thickening meat sauces like sarciados and lichon.

BISUGO — ribbon-finned nemipterid. Type of fish best for paksiw.

BITUKA — intestine. A variety meat used for "pulutan", "dinuguan", "tinumis and "igado". Material for casing longanizas.

BONGAON — smooth headed-catfish.

BOPIS — a dish from pork variety meats (chopped lungs, liver and heart) sauteed in garlic, onions and tomatoes

BRISKET	— "Punta y Pecho". See BEEF CUTS.
BUKAYO	— grated coconut and brown sugar which has been heated until the desired chewy consistency is reached. The cooked product is spread and rolled over a surface and cut into pieces.
BUKO	— immature or young coconut. Suitable for dessert topping.
BULANGLANG	— broiled or smoked fish with assorted vegetables seasoned with "bagoong alamang" and boiled with enough liquid for broth.
BUNGA	— Betel nut.
BURO	— method of preservation wherein salt is the main chemical preservative. Example: mango or fish "buro".
CADERA	— loin end or short loin. See BEEF CUTS.
CALDERETA	— meat dish, usually goat meat; sauteed in lard, garlic, onions, potatoes, peas, bell pepper and seasonings. Stock is reduced before liver paste is added as a thickener.
CAMARON	— shrimp. "Camaron Rebosado" is shrimp dipped in flour-egg batter, fried and served with catsup or a sweet-sour sauce.
CASHEW NUT	— "KASUY". Type of nut that looks roughly like letter "C". Roasted and used whole or ground in bakery products or candies.
CEBOLLETA	— Chives.
CERVEZA NEGRA	— dark colored beer.
CHICKEN	— domesticated fowl widely used as MEAT. Classified according to age (with some suggested cooking methods) as follows: Broiler: 8-12 weeks (good for frying, roasting, broiling).

Fryer: 14-20 weeks (good for frying, roasting).
Pollet: 5-9 months like a roaster but its body is shorter and lighter in weight (frying, roasting).
Stag: 10 months male chicken (braising, stewing).
Hen or stewing chicken: mature female chicken over a year old (braising, stewing).
Cock or rooster: mature male chicken over a year old (braising, stewing).

CHICK PEA —	"GARBANSOS". Legume that is larger than regular peas; often used for stews and soups. May be sweetened for dessert or as an ingredient in "HALU-HALO."
CHUCK —	"PAYPAY". See BEEF CUTS.
CLAMS —	double-shelled mollusks of several varieties from small to quite large sizes. Local kinds include: "HALA-AN',' "KANTURI", "KABIBI", "LUKAN".
CLAVO —	CLOVES. See also SPICES.
COCIDO —	Spanish entree like the Philippine "Puchero", except that the latter is more soupy.
COCO-HONEY —	"MATAMIS SA BAO"
COSTILLAS —	pork chops; beef ribs.
CRACKLINGS —	crisp particles left after fat has been rendered from meat parts; locally called "sitsaron". May refer to some crisp cereal preparations (like wheat cracklings).
CROUTON —	A small piece of bread toasted or fried crisp, used in soups, in garnishing, etc.
CUCHINTA (KUTSINTA) —	Philippine dessert or snack item made from ground rice, sugar and lye; then steamed. The lye brings about the light-brown color of the product.

CUSTARD	a cooked or baked sweetened mixture of milk and eggs. Locally called "LECHE FLAN".
CUSTARD APPLE	a large fruit with soft white pulp in which seeds are embedded. Locally called "KAIMITO".
DAYAP	lime. Substitute for lemon. See FRUITS.
DILAW	turmeric.
DILIS	a long-jawed anchovy.
DINENDENG	Philippine dish of assorted vegetables seasoned with fish or shrimp "bagoong"; boiled with enough liquid (usually rice washings) for broth.
DINUGUAN	Philippine recipe prepared by sauteeing internal organs (variety meats), then simmered in a vinegar mixture with seasonings, especially hot peppers ("SILI"). Coagulated blood is added with stirring. Cooking is continued for about a few minutes.
DUHAT	Java plum.
DURIAN	The oval globose fruit of a sterculiaceous tree.
EMPANADA	a turnover with a flaky crust and a variety of fillings (chopped fruit or chopped meat). Baked in a hot oven or deep-fat fried.
ENTOSENSAL	leaf fat; used to wrap meat mixtures as "embot" or embotido.
ESTOFADO	similar to Philippine "HUMBA" Deep fat-dried pieces of meat (usually tongue, chicken, or pork) are cooked in vinegar, salt, sugar, water and spices until tender. Fried potatoes.
FISHES	a large group of cold-blooded animals living in water. Two general types: finfishes (possessing backbones or vertebrae) and shellfishes (crustaceans and mollusks).

Local fishes: (This is only a partial list selecting the common ones)

Tagalog	*ENGLISH*
ALUMAHAN	Striped mackerel
APAHAP	Sea bass
AYUNGIN	Silvery theraponid
BABANSI	Three-lined theraponid
BANAK	Long-finned mullet
BANGUS	Milkfish
BIDBID	Ten pounder
BISUGO	Ribbon-finned nemipterid
BIYA (puti)	Flat head goby
DALAGANG BUKID .	Golden caesio
DILIS	Long-jawed anchovy
GALUNGONG	Round scad
HASA-HASA	Short-bodied mackerel
HITO	Fresh water catfish
KANDULI	Sea catfish
LABAHITA	Surgeon fish
LAPAD	Deep-bodied herring
LAPU-LAPU	spotted grouper
MALAKING MATA ..	Big-eyed porgy
MALASUGI	Swordfish
MARTINIKO	Climbing perch
MATANG BAKA	Big-eyed scad
MAYA-MAYA	Red snapper
ORILES	Hard tail
PAMPANO	Maratini
SALMON	Two-finned runner
SAPSAP	Common slipmouth
TALIKITOK	Banded cavalla
TALILONG	Black-finned mullet
TALIMOSAK	Long-finned goby
TAMBAN	Indian sardine
TANIGI (Tanguigi) ..	Spanish mackerel
TILAPIA	Tilapia
TURSILYO	Striped baracuda
TULINGAN	Tuna, bonito
TUNSOY	Fimbriated herring

Local Shellfishes:

Tagalog	*English*
ABALONE	Sea ear
ALAMANG	Small shrimp
ALIMANGO	Crab (black variety)
ALIMASAG	Crab (spotted variety)
BALAY	Tongue Clam
KABIBI	Clam, black-brown shell

Tagalog	*English*
KANTURI	Small, light colored clam with striated shell
KUHOL	Snail
HALAAN	Brown with bluish streaked shell
HIPON	Shrimp
PUSIT	Squid
TAHONG	Salt water mussel
TALABA	Oyster
TALANGKA	Tiny black crab
TULYA	Common clam
SUSO	Fresh water snail smaller than Kuhol
SUGPO	Tiger prawn
ULANG	Fresh water prawn

FRUIT — the fleshy, juicy product of plant (nearly always containing the seed) which when ripe is edible without cooking. Common Philippine fruits, and their uses, other than its fresh form are the following:

NAME	**USES**
Avocado — "abokado"	Salads and spreads like GUACAMOLE
Anonas — "anonas"	Juice, jam, butter
Aztec kwamochill — "kamatsili"	Wine
Banana — "saging"	
Cooking variety — "saba"	Cooking varieties used in catsup, preserves, candies
Eaten raw — "bungulan", "gloria", "butuan", "morado", "lakatan", "latundan"	
Bilimbi — "kamyas"	Candies, pickles, preserves
Black plum or Java plum—"duhat"	Juice
Carambola or Bilimbi — "balimbing"	Candies
Chico — "tsiko"	Wine
Curacao apple — "makopa"	Candies
Cashew — "kasuy"	Wine
Carristel tiesa — "tiesa"	Puddings

Durian — "durian"	Preserves, candies, jams
Ebony — "mabolo"	Candies
Governor plum — "ratiles"	Jams
Guava — "bayabas"	Jam, jelly, preserves, fruit butter
Jackfruit — "langka"	"GUINATAAN", candies, preserves
Lanzon — "lansones"	Wine
Lime — "dayap"	Juice, marmalades, candies
Mango — "mangga"	Juice, preserves, chutney, pickle
Some varieties are: "kalabaw", "piko", "paho", "supsupin"	
Mangosteen — "manggostan"	Jam, jelly, candies, ice cream
Melon — "milon"	Juice, preserves, candies
Some varieties are: Spanish, honey dew, native ("Tagalog")	
Native orange — "dalanghita"	Candies, juice, preserves
Papaya — "papaya"	Juice, paste candy, jam, jelly
Passion fruit — "pasionaryo"	Juice
Philippine lemon — "kalamansi"	Juice, candied rind
Pineapple — "pinya"	Juice, marmalade, fruit, cocktail
Pomegranate — "granada"	Preserves, candied, jam
Pomelo — "suha"	Juice, candied rind, preserves
Santol — "santol"	"SINIGANG", wine, vinegar, juice
Spanish plum — "siniguelas"	Juice, preserves
Soursop — "guayabano"	Juice, preserves
Sugar apple — "atis"	Juice, ice cream
Tamarind — "sampalok"	"SINIGANG", jam, jelly, juice
Star apple — "kaimito"	Ice cream
Watermelon — "pakwan"	Juice, candied rind, preserves

GABI	—	taro; tropical tuber rich in starch.
GALAPONG	—	dough of ground rice and water. The main ingredient in Philippine snack items like "PALITAO" and "BIBINGKA".
GALONGGONG	—	round big-bodied ascad. See FISHES.
GAMET	—	type of seaweed, considered a delicacy in Ilocos and Cagayan provinces of the Philippines.
GANSA	—	goose.
GARBANSOS	—	chickpea.
GAROPA	—	marbled grouper.
GOTO	—	tripe. See VARIETY MEATS.
GRANADA	—	pomegranate. See FRUIT.
GRANA	—	red coloring used in salted eggs. It resembles sand in appearance. One cup can color 6,000 to 7,000 eggs.
GUAYABANO	—	soursop. See FRUIT.
GUINATAAN	—	(or "GINATAN")—cooking food in coconut milk, "GUINATAANG HALU-HALO" is a mixture of "saba" banana, "kamote," "gabi," "ubi" and "langka" boiled in coconut milk. Often thickened with starch, sago or glutinous balls from "MALAGKIT."
GUISADO	—	sauteed.
GULAMAN	—	Ceylon moss or AGAR-AGAR.
HALU-HALO	—	literally means 'a mixture.' The term, unqualified, usually refers to refreshing snack food consisting of sweetened "SABA," "GARBANSOS" "KAMOTE," "UBE" jam, red mongo beans, etc. topped with crushed ice or ice-cream. See also "GUINATAANG HALU-HALO.
HASA-HASA	—	short-bodied mackerel. See FISHES.
HEKO	—	a condiment made by cooking "BAGOONG" and water (1:3 by volume) for half an hour, then allowed to stand. The sediment is "HEKO." See also "PATIS."
HITO	—	catfish. See FISHES.

HUMBA see Index.

IGAT — eel. See FISHES.

INABRAO — a typical recipe of the Ilocos region consisting of broiled pork boiled in rice washing. It is seasoned with "bagoong." "Patani" and "sitaw" are also added and are cooked until done.

INIHAW — local term for roasting.

ISO — a type of fish; silver-spotted gray snapper.

ISPINAKA — New Zealand spinach.

ISTROBERI — strawberry. See FRUITS.

JELLY ROLL — "PIANONO" or "PIYANONO"; sponge cake baked in a shallow pan about 10 to 15 inches thick. After cooling and removing from the pan, jelly is spread before rolling cake into round pieces.

KABASI — type of fish; short-finned shad.

KABIBI — clam. See FISHES.

KABUTI — mushroom.

KALDOS, BUNGA — pigeon pea pod.

KAIMITO — star apple. See FRUITS.

KALABASA — squash.

KALABAW — carabao.

KALAMANSI — Philippine Lemon. See FRUITS.

KALAMAY — Philippine snack item made from ground glutenous rice ("Malagkit"), coconut milk ("GATA"), molasses or brown sugar and anise seeds; often packaged in small, shiny coconut shells or "bao."

KALAMNAN — JOWL. See PORK CUTS.

KAMATIS — tomato.

KAMBING — goat.

KAMOTE — sweet potato.

KAMOTENG KAHOY — cassava tuber.

KAMTO — FLANK. See BEEF CUTS.

KANDULI — sea catfish. See FISHES.

KANELA — cinnamon.

KANGKONG — Swamp cabbage.

KANTURI — small, striped clam. See FISHES.

KAONG — sugar palm. Often sweetened like fruits in light sirup and served for dessert or MERIENDA.

KARI-KARI — a Philippine meat-vegetable dish. Shanks or oxtail (intestines or stomach) are boiled until meat is tender; then sauteed in garlic, with banana bud, sitao, eggplants, ground peanuts and toasted brown rice to thicken sauce. Served with sauteed "bagoong."

KAROT — carrot.

KASIM — picnic. See PORK CUTS.

KASUBHA — saffron.

KASTANYAS — chestnut.

KASUY — cashew.

KATURAY — flower of the katuray tree, called Sesbania.

KENCHI — Foreshank or hindshank. See BEEF CUTS.

KESO DE BOLA — EDAM'S CHEESE.

KESONG PUTI — COTTAGE CHEESE.

KILAWIN — popular dish among the Ilocanos consisting of internal organs such as heart, "LAPAY," tripe and sauteed in garlic and onion. It is seasoned with salt, pepper and vinegar, and cooked.

KINILAW — fresh shrimps marinated in nipa palm vinegar, "sili" and onion slices. In Samar or Leyte (Philippines), fleshy fish is used.

KINTSAY — celery.

KINUNOT — a Bicol pork dish cooked with "santol," "bagoong" hot pepper and coconut milk.

KITANG — a common spadefish.

KOLIPLAWER — cauliflower.

KOLIS — lettuce tree leaves. Also called "Maloko talbos."

KONDOL — wax gourd. Often candied. See FRUIT.

KUHOL — snail. See SHELLFISH.

KULITIS — spineless amaranth. Local spinach. See VEGETABLES.

KURRIIT — Ilocano prunes made from dried "DUHAT."

KUTSAY — leek.

KUTSINTA — see "CUCHINTA."

LABAHITA — blue-lined surgeon fish. See FISHES.

LABANOS — radish.

LABONG — bamboo shoots. A popular vegetable in the Orient.

LAKSA — Pilipino word meaning 'ten thousand.' Refers to a dish containing a wide assortment of vegetables, shrimps, pork and "SOTANGHON."

LAMBANOG — Philippine alcoholic drink distilled from "TUBA." A by-product of the coconut industry.

LANGKA — jackfruit. See FRUIT.

LANSONES — lanzon. See FRUIT.

LAPAD — sole. See FISHES.

LAPAY — spleen. See VARIETY MEATS.

LAPU-LAPU — a large fish; wavy-lined or spotted grouper.

LARD, LEAF — highest quality lard rendered from the fatty tissues surrounding hog kidneys. Locally called "ENTOSENSAL" or "PANYU-PANYUAN."

LARDOONS — long strips of fat such as pork fat, bacon, etc., used in LARDING. See also "MECHADO."

LATIK — brown curd left after coconut milk is heated until oil separates. Used for topping Philippine desserts or snack foods such as "BIKO," "SUMAN," "MAJA BLANCA."

LAUREL — see BAYLEAF.

LAURIAT — Chinese festive fare, consisting of an array of special dishes numbering about a dozen.

LEBADURA — leaving agent, usually a yeast-fermented mixture.

LECHE FLAN — custard. Richer than the American custard; made of egg yolks, milk and sugar. Caramel sauce is used to line the mold before the custard mixture; may be baked or steamed.

LECHON or LITSON — pig (usually sukling or young pig) roasted on long bamboo poles over live coals.

LECHON SARSA — liver sauce with brown sugar, "BISCOCHO" (ground toast), vinegar, pounded garlic and other seasonings.

LEEG — neck. See BEEF CUTS.

LETSIYAS — litchi or lichee. See FRUIT.

LETSUGAS — lettuce.

LIBRILYO — omassum.

LIEMPO — beef plate or side pork belly. See also BEEF CUTS and PORK CUTS.

LIMON — lemon. See FRUIT.

LINGA — sesame seeds.

LOMO — loin. See PORK CUTS.

LONGANISA — see SAUSAGES (longanisa or linguisa).

LUMPIA — egg rolls; a meat, fish or vegetable mixture rolled in thin wrappers made from flour and water. May be fresh or fried and served with sauce.

MABULO — see FRUIT.

MAKAPUNO — a mutant of coconut full of soft gelatinous meat; often used as sweetened dessert. Also called 'sports coconut' or freak coconut.

MAKOPA — curacao apple. See FRUIT.

MALAGKIT	waxy rice; also called 'sweet' or glutenous rice.
MALAKING MATA	big-eyed porgy. See FISHES.
MALUNGGAY	horse radish tree.
MAMI	a soupy noodle dish with shredded pork or chicken and vegetables as garnish.
MANGGA	mango. See FRUIT.
MANGOSTAN	mangosteen. See FRUIT.
MANOK	see CHICKEN.
MANSANAS	apple. See FRUIT.
MANSANILYA	reticulum.
MANSANITAS	cherry-like fruit; can be candied or eaten fresh for dessert.
MARTINIKO	see FISHES.
MARUYA	fritters. Examples: "saba or Kamoteng Maruya."
MATAMIS SA BAO	Philippine dessert or snack item usually used for spreads; made from coconut milk ("gata'") and brown sugar and cooked like a jam; should be golden brown to rich glossy brown.
MAYA-MAYA	a type of red snapper. See FISHES.
MECHADO	meat dish, usually beef, sliced about 1/4 inch thick with fat strips inserted lengthwise and rolled. Surface of the meat roll is browned by panfrying before simmering it in stock with vinegar and seasonings added. The stock is boiled down to a thick sauce.
MERINGUE	egg white foam with sugar. Two types depending upon the amount of sugar; Soft: 2 to 3 tbsp. sugar per egg white (for toppings of pies and puddings). Hard: 4 to 6 tbsp. sugar per egg white (for confections).
MIKI	wheat noodles containing eggs and soda ash.

MISU	—	pastelike condiment made from cooked soybeans to which a mold, Aspergillus orgyzae, or a mixed mold starter, water and salt had been added. The whole mass is mixed well and stored in a vat for several days to ripen.
MISUA or MISWA	—	white, fine wheat noodles.
MOLO	—	meat mixture (ground pork, chicken and shrimps) wrapped in rolled dough. Cooked in chicken stock that has been previously sauteed.
MULLIGATAWNY	—	derived from East Indian word, meaning 'pepper water'. A highly seasoned thick soup characterized by its curry powder content.
NANGKA	—	jackfruit. See FRUIT.
NATA	—	a thick, white translucent gelatinous layer believed to be dextrans. Grown on the surface of a fruit material (like pineapple, coconut, santol, or sugar cane juice) containing sufficient acid, sugar and nutrients needed by acid-forming bacteria. Usually, a pure culture is added to hasten fermentation. Used as dessert after washing, boiling and flavoring. Common kinds: "nata de coco" (grown on coconut) nata de pinya" (grown on pineapple)
NATONG	—	typical Bicolano cooking of "GABI" leaves, fresh or partially wilted under the sun; cooked in coconut milk with "SILI" for enhancing flavor.
NIDO	—	BIRD'S NEST SOUP.
NILAGA	—	boiled or stewed, Sometimes called "linaga." "Karneng nilaga" is meat stew with vegetables added such as potatoes "saba," cabbage, pechay, etc. "Kamoteng nilaga" is boiled sweet potatoes.
NIYOG	—	coconut.
NUEZ MOSCADA	—	NUTMEG.

ORILES — hard-tail fish.

OVED — a popular dish of the Batanes region (Philippines) consisting of fishballs cooked in broth to which tomatoes and banana heart are added.

PAAYAP — cowpeas.

PABO — turkey.

PAELLA — rice prepared with meat, shellfish, sausages and a variety of seasonings the primary ones being garlic and saffron. It is cooked in a deep pot and the ingredients are added as cooking progresses.

PAKO — fern. Usually served as salad.

PAKSIW — local term for pickling fish or meat.

PAKWAN — watermelon. See FRUIT.

PALABOK — local term for "garnishings." In "PANCIT" Palabok, the starch-thickened sauce (colored with "achuete") and the flaked "tinapa," pork cracklings, oysters, squid, hard-cooked eggs, "tokwa," green onions, sliced shrimps, etc. are the garnishings.

PALITAO or PALITAW — snack item or dessert made of drained, ground glutenous rice soaked overnight. These are shaped into boiling water until they float ("palitao" means 'to float'). Change from an opaque to a translucent product indicates the doneness of 'palitao' which is a few more minutes after it has started to float. After draining, each is rolled in grated coconut, then sprinkled with a sugar-toasted sesame seed ("linga") mixture.

PAMINTA — pepper.

PAMINTON — red pepper.

PAMPANO — cavalla. See FISHES.

PANDAN — screw pine. An erect branched shrub with slender and long leaves like

	blades of grass, spirally crowded towards the end of the branch. Locally used to flavor tea and to mask undesirable odors in rice due to weevils or other insects and long storage in the sacks.
PANUCHA or "PANUTSA"—	crude sugar usually in solid cakes.
PANSIT or "PANCIT"	noodle dish. Commonly used in the Philippines are: *Canton*: noodle made from flour, duck's eggs, salt, soda and vegetable oil; cooked by sauteeing in small amount of lard or cooking oil, minced garlic, sliced onions, slivers of meat and shrimps. The noodles are added and when partially cooked, vegetables are added (usually cabbage, "sitsaro" or sweet pea pods, green onions, etc.) May be garnished with slices of ham and chicken and served with "calamansi." *Luglog*: rice noodles are dipped in boiling water until cooked ("luglog" means to dip or soak'). The noodles are drained well and placed on a serving dish, topped with "PALABOK." *Miki*: "MIKI" noodles are added to sauteed mixture as in Pancit Canton.
PATA	pig's or cow's feet.
PATANI	lima beans.
PATATAS	potatoes.
PATIS	a clear amber sauce made from fish (often with "DILIS," "GALUNGGONG" "TAMBAN") fermented until a protein hydrolysate is formed. The supernatant liquid is called "patis", while the residue is called "BAGOONG." See "HEKO."
PATOLA	Sponge gourd.
PAYPAY	pig's shoulder or Boston Butt. See PORK CUTS.

PENOY — unfertilized duck's egg.

PREHIL — parsley.

PESA — meat or fish (usually "dalag") simmered with crushed fresh ginger. The vegetables often added are: cabbage, scallions, pechay" and leeks.

PETSAY or "PECHAY" — Chinese cabbage.

PIERNA CORTA — beef round. See BEEF CUTS.

PIGI — fresh ham. See PORK CUTS.

PILI NUTS — a locally grown nut used for confectionery.

PINAKBET — means 'wrinkled' in Ilocano dialect (Philippines). The Ilocano way is cooking "ampalaya" and "talong" in just enough water to cook by steam. Tomatoes, "bagoong-dilis," with or without pork or fish are added. Ginger is optional.

PINANGAT — a method of cooking fish with salt and a little vinegar allowing it to dry over low heat.

PINIPIG — immature glutinous rice, roasted and pounded.

PINAPAITAN — a meat dish (usually goat) popular in the Ilocos region. Its bitter flavor is due to a few drops of bile or the half-digested contents of the first portion of the small intestines.

PINYA — pineapple. See also FRUIT.

PIRURUTUNG — dark purple colored rice. A 'must' in "puto bungbong."

POCHERO or PUCHERO — Filipino meat dish similar to the Spanish "cocido." Made of beef, pork, chicken or a mixture, chorizo de Bilbao and vegetables. Usually served with squash or eggplant sauce spiced with minced garlic and vinegar.

PORK CUTS — local names and suggested cooking methods:

Head: "ulo"; "dinuguan," "kilawin," "tinumis," roast ("lechon").
Jowl: "kalamnan"; "stew," pan-broil, pan-fry.
Picnic: "kasim," roast, "adobo," pan-pry, "sarsiado."
Boston butt or shoulder: "paypay"; braise, grinding, stew.
Fat back: "taba sa likod"; cracklings "sitsaron"), "mechado," (lardoons).
Pork Chop: "costillas"; roast, barbecue, panfry, braise.
Belly or side bacon: "liempo sa tiyan"; bacon-making, broil, saute.
Spareribs: "tadyang"; roast, braise, stew, barbecue.
Loin: "lomo"; broil, panfry, barbecue.
Ham: "pigi"; cured meat, panfry, broil.
Leg: "pata"; stew, pickle.

PUGO — quail.

PUSIT — squid. See FISHES.

PUSO NG SAGING — banana blossoms.

PUTO — local steam cake made from rice batter, leavener (yeast or baking powder) and sugar. Distinctive recipes have been developed by different towns in the Philippines. Known as "putong Biñang," "putong Imus," "putong Pulo."

QUESO DE BOLA — EDAM'S CHEESE, (round ball).

REPOLYO — cabbage.

RIMAS — breadfruit. See FRUITS.

SABA — cooking variety of banana. See FRUIT.

SALABAT — a Philippine beverage made from ginger.

SALITRE — saltpeter, niter or nitrate of potassium.

SALUYOT — jute.

SAMPALOK — tamarind. See FRUIT.

SANTOL — SEE FRUIT

SAPIN-SAPIN — steamed layered rice dessert from finely ground "GALAPONG" or flour with coconut milk and sugar; layers may be artificially colored or colored with "ubi."

SAPSAP — type of fish; common Slipmouth.

SIBUYAS — onion.

SIGARILYAS — goa or winged bean.

SIKMURA — stomach. See also VARIETY MEATS.

SILI — pepper.

SINCAMAS — yam bean.

SINIGANG — Philippine soupy meat or fish dish with vegetables added. Vegetables usually added are: "gabi," okra, "kangkong," "sigarilyas," string beans, etc. It is different from "NILAGA" and "PESA" due to its acid ingredient like "sampaloc," "kamias," tomato, and green mango.

SINIGUELAS — Spanish plum. See FRUIT.

SINUAM — similar to "TINOLA" except that crushed ginger is added. Vegetables may or may not be present. Poultry, fish or shellfish, particularly clam, is used.

SISI — Salted barnacles or oysters.

SITAW — yard-long bean. See VEGETABLES.

SITSARO — sweet pea. See VEGETABLES.

SITSARON — pork crackling.

SOLUTION — a uniform liquid mixture containing a solvent and a solute. Brine is a solution in which water is the solvent and salt is the solute.

SOTANGHON — variety of noodle made from mungo beans; somewhat transparent when cooked.

SOY SAUCE — Oriental brown, salty, tangy sauce used on dishes such as chop suey, or as constituent of other sauces, made from fermented soybeans. "Toyo."

SUGPO — tiger prawn. See FISHES.

SUHA — pomelo. See FRUIT.

SUMAN — native delicacy from glutinous rice with or without coconut milk and salt then wrapped in young coconut leaves, "buri" ("suman sa ibos"), or banana leaves ("suman maruecos" and "suman sa lihia") and boiled. The latter is brownish in color and has a peculiar gummy texture because of treatment with lye. Others are made from the roots of cassava ("suman cassava") or corn ("suman maiz") instead of rice. Suman is usually served with grated coconut and sugar.

SUSO — snail. See FISHES.

SUWAM — fish is sauteed in ginger, onion and garlic; then rice water is added and cooking is continued; "sili" leaves are added last.

TAHO — unpressed soybean curd. In its manufacture, a small amount of coagulating agent is used, and the very soft but solid mass formed is allowed to settle down the wooden container and left undisturbed until use.

TAHONG — salty water mussel or bay mussel. See FISHES.

TAHURE — fermented soybean cake but softer than "TOKUA."

TAINGANG DAGA" — black wood ear. A variety of mushroom. A cheap substitute for "kabuti" or mushroom. Used in "pancit sotanghon guisado" and "chop suey."

TALABA — oyster. See FISHES.

TALAKITOK — spotted or banded cavalla. See FISHES.

TALANGKA	small black crab about the size of a chestnut.
TALILONG	black-finned mullet.
TALIMOSAK	long-tailed goby.
TALINUM	Philippine spinach.
TALONG	eggplant. Also called AUBERGINE.
TAMBAN	Indian sardine, about 1/2-1 foot long.
TANGUINGUE	Spanish makerel, about 1/2-meter long.
TAPA	thinly sliced, dried, salted meat. May be cured or uncured.
TAPADERA	rump. See BEEF CUTS.
TAUSI	fermented soybean cake like "TAHURE" but soybeans are fermented for a longer time. Black bean is sometimes added.
TAWAS	alum, a double sulfate of aluminum and potassium. Examples of use: a firming agent as in pickles and a cleansing agent for entrails.
TIESA	carristel tiesa. A yellow pear-shaped fruit with pointed tip and dark yellow-orange pulp resembling egg yolk. See FRUIT
TINAGAN	fish dish cooked with coconut milk, vinegar, ginger extract, garlic and vegetables like squash leaves and eggplant.
TINAPA	smoked fish; previously sun-dried, pre-cooked in salted water and drained.
TINOLA	meat or fish dish prepared by sauteeing garlic, onion, and ginger with meat and fish. Water is added and the mixture allowed to simmer with the vegetables (usually "sili" leaves, green papaya, "upo") until done.
TOGE	mungo bean sprout. Also spelled "togue."

TOKUA (TOKWA)	soybean curd. See SOYBEAN PRODUCTS.
TORSILYO	barracuda. See FISHES.
TORTA	omelet filled with meat, fish and/or vegetables.
TOYO	soy sauce.
TREPILLA	small intestines.
TRIPE	"GOTO"; rubbery, inner lining of a ruminant's stomach.
TSIKO	sapodilla. Also spelled CHICO. See FRUIT.
TUBA	coconut sap which is milky in appearance obtained by tapping the young flowering spathe of the coconut palm.
TUGI	a spiny yam.
TULINGAN	tuna. See FISHES.
TUNSOY	fimbriated herring. See FISHES.
TUPA	lamb.
TURRON	1. candy from paste of ground nuts, egg white and sugar. 2. a snack item made of sweetened mashed banana, wrapped in "lumpia" wrappers and fried.
UBAS	grapes. See FRUIT.
UBE	or "UBI" — yam; a purple or violet tuber.
UBOD	pith of coconut trunk usually prepared as "lumpia."
UKOY	Philippine fritter made of ground rice or flour batter and shrimps, grated vegetables (like green onions or "KUTSAY." Served with vinegar and minced garlic.
UNSOY or UNSUY	coriander.
UPO	bottle gourd.
USA	deer.

UTAK — brain. See VARIETY MEATS.

UTAW — soybean.

VARIETY MEATS — also called "sundry cuts." Edible parts of a carcass other than those defined under MEAT. Some collective terms are: "menudencias" for beef internal organs and 'chicken giblets' for heart, kidney, gizzard, liver, etc., etc. Examples of variety meats include:

Brain — "utak"
Gizzard — "balunbalunan"
Heart — "puso"
Kidneys — "bato"
Liver — "atay"
Lungs — "baga"
Omasum — "librilyo"
Pancreas or sweetbreads "mansanilya"
Snout — "nguso"
spleen — "lapay"

Stomach — "sikmura"
tail — "buntot"
Tongue — "dila"
Uterus — "bahay-guya."

WATERMELON — "pakwan." See FRUIT.

WAN TON — Chinese alimentary paste resembling RAVIOLI; small squares of dough filled with a mixture of ground pork, onion and fresh ginger, folded in thirds and pinched together into a shaped resembling that of a Dutch cap. Served in a clear soup or fried in oil. Also spelled 'wun tun' or 'wan ton.' For "pansit molo"

YAM — yellow, orange or violet tuber similar to sweet potato, but sweeter and deeper in color. Locally called "UBI."

YEAST — microscopic, unicellular fungal plant; produces carbon dioxide from sugar and starch under suitable conditions for its growth.

YERBA BUENA — mint leaves.

SUGGESTIONS FOR MAKING COFFEE AND TEA

Rules for making Chase and Sanborn coffee:

Have all equipment perfectly clean.

Use freshly drawn water.

Always use standard measure cup and spoon.

Remove grounds as soon as coffee is made.

Serve at once.

Percolated coffee

For the best results make the amount of coffee your equipment calls for. Place in the percolator 3/4 c to 1 c cold water for every 2 tbsp. coffee grounds in the percolator basket. When water boils, remove the percolator and place in the basket. Cover the percolator and return it to the fire and allow to percolate for 6-8 minutes.

Rules for making iced coffee:

Prepare as for hot coffee. Only use double strength. Pour over ice in tall glasses.

Rules for making hot tea:

Have all equipment perfectly clean.

Scald teapot.

Measure water and tea with standard measuring equipment.

Use freshly drawn water. Have water boiling vigorously.

Add tea leaves at once and remove from heat.

Steep tea for desired length of time, then strain at once into hot teapot.

Provide a pot of freshly boiled water to weaken tea for those who do not like it strong.

ICED TEA THAT WON'T CLOUD

A reader recently asked, "What's an easy way to make sparkling, clear iced tea?" The two methods we suggested to her may interest you, too. In both cases the tea has the flavor of brewed tea, but actually one kind is made in the warmth of the summer sun and the other in the refrigerator. Both remain sparkling and unclouded after refrigeration; and both can be flavored with ginger, orange, or spice, if you wish.

No doubt you've had tea turn cloudy in the refrigerator. This happens because the tannins that were dissolved in the hot water begin to precipitate as the tea cools. These tannins are the stimulant and flavor elements of tea; the amounts vary in different blends. The cloudy precipitation does not affect the tea's flavor or refreshing qualities; only the appearance changes.

We've found that tea made with cold water doesn't become cloudy, because the elements causing cloudiness are not as soluble in cold water as in hot. While some connoisseurs of fine tea may frown on these methods, our two cold-water tea produce a very satisfactory beverage with bouquet and bracing qualities similar to those of brewed tea.

Sunshine Method. Put 4 to 8 tea bags (depending on the strength you desire into a quart jar and fill the jar with cold water. Set the jar outside in the sunshine for 3 to 4 hours, until the tea is as strong as you want it. Serve over ice. For best flavor, use within a day or so.

Cold Water Method. This method is similar in principle but requires more time for the tea to flavor the water. Put 4 to 8 tea bags into a quart jar and fill the jar with cold water. Refrigerate for 12 to 18 hours, until the tea is the strength you desire. This tea will be clear and cold ready to serve.

Variations. For iced tea variations, try adding flavor at the beginning of your preparations. Any one of the following ingredients can be put into a quart jar along with the tea bags and water; several sprigs fresh clean mint; 1 small whole orange sliced; 1 stick cinnamon with 3 whole cloves; 1 stick cinnamon plus 3 whole cloves and 1 or 2 slices orange (with peel; a piece of fresh ginger the size of a walnut, peeled and sliced; 2 apple wedges stuck with about 10 whole cloves.

Follow one of the methods, straining the tea when finished, if necessary. Add sugar or lemon juice to taste.

TABLE SETTING AND SERVICE

Table setting and service plays a very important role in family life. It is the background for the meal. With the proper atmosphere, eating becomes an enjoyable experience and not a mere task that must be done three times daily because of the demands of nature. Under the pressures of modern living, too often the family meals lapse into a dull routine. The wise homemaker fights this tendency. She knows how important it is for the health of her family that the atmosphere at table be relaxed, leisurely and cheerful. The menu is an important element. She makes it varied and interesting. But she knows too that an orderly, well-set table is in itself an inducement to sit down and eat.

A simple centerpiece, a dish of fruit, a few flowers, a figurine or two, any small touch that will establish a mood. These tricks are not saved for use only when there are guests, but are used in her everyday care and feeding of the family.

Table linen: This term is used generally to apply to all cloth, tablecloth, napkins, etc, used at the table.

Tablecloth: There are many materials used to cover tables. chief of which is linen damask. The tablecloth should be of a size and shape that it will overhang the table from 12-15 inches. When lace cloths or cloths with lace insets are used in informal function, a colored undercloth that is a bit smaller in size than the tablecloth itself may be used. Whenever a damask linen cloth is spread, it is customary to first lay down a soft silence cloth unless felt pads or similar devices are placed under the damask. Tablecloths made of plastic, oil cloth or other treated materials are colorful and practical but not for formal events.

Placemats and runners: These are used as substitutes for tablecloth. They are made of a variety of materials in a variety of patterns and should be selected in as much the same way as tablecloths. The mats are used for individual settings, while the runner goes in the center of the table.

Dinnerware or chinaware: These should harmonize with the meal and the setting.

Silverware: This should harmonize too.

Decorations: While almost anything can be used, just make sure that they should be kept simple and under 14 inches in height so as not to screen off the diners at the opposite sides of the table.

Lighting: The lighting should be carefully planned, neither too brilliant nor too dim, but adequate for visual enjoyment of the food. It should not shine into the guest's eyes.

Candles add an attractive touch to the table, and are almost required equipment for a formal meal. They should be provided in sufficient numbers, otherwise the guests may be forced to grope their way in the dark. Two candles are used only on a small table set for two. Four candles are used up to six guests and the number increased in the proportion of one candle for every two or three additional guests. Candles should stand at least 16 inches high to keep them from shining directly into the eyes of the guests. Either candles or electricity should be used, never both.

Setting the table:

When a table is set, either tablecloth or placemats are placed first.

A service plate is then set at each place, with at least two feet between the centers of adjacent plates, thus giving each dinner sufficient elbow room. The plates should be set in straight line, one each from the edge of the table.

The silverware is laid down next, set at right angles to the line of the table, also one inch from the edge. Even though the table is round, the silver and plates of each should be in a straight line.

Forks are placed to the left of the plate, tines up and knives and spoons go to the right. The knives are set next to the plate, cutting edges of the blades facing the plate, and the spoons are laid with the open sides of the bowls facing up.

After the silver is in position, the water glass or goblet is placed at the top of and in a line with the innermost knife. If wine, iced tea or other beverages requiring special glasses are to be served, these additional glasses are arranged in triangle to the right of the water glass.

If coffee or tea is to be served during the meal, the cup and saucer are placed to the right of the spoons. The teaspoon may be either laid on the saucer or placed in proper order among the other spoons, depending on the amount of silver on the table.

The bread and butter plate, if used, is placed to the left, slightly above the forks. The butter spreader is always placed on this plate.

If salad is served as a side dish, and not as a separate course, the salad plate is located to the left of the forks.

The napkins is placed either on the service plate or on the table to the left of the forks.

Not all of the items discussed will be required by any one menu, and like the silverware, unnecessary items should not be placed on the table.

The settings given were the basic placements, applicable to all meals. The specific meals will vary in accordance with their needs.

Breakfast:

The breakfast table should be bright and gay, simple, not cluttered. Usually a luncheon plate is enough for use. A luncheon knife and fork, teaspoon and butter spreader and if needed a cereal spoon. A bread and butter plate, and a cup and saucer, as well as water or milk glass complete the setting.

Luncheon:

Luncheon parties have become largely a feminine affair. These are always light, informal affairs and for that reason, the table is never spread with formal damask cloth. Lace or embroidered cloth are preferred. There are rarely more than three courses served at luncheon. A juice, fruit cocktail or soup, a simple main dish, a salad and light dessert and coffee.

The basic setting applies here with accent on unique decorations. A luncheon plate is used as a service plate, being removed with the soup to make way for the salad plate. Bread and butter plates are used, but coffee is generally not served with the food. A luncheon knife and fork, salad fork, a soup spoon and a butter spreader are the typical requirements for the place setting. Except for the glasses, the table is cleared and crumbled after the salad course. The dessert course is then brought on, complete with whatever combination of silver is required to eat it. Coffee is usually served in the living room rather than in the table. Luncheon may also be served buffet style, a convenient arrangement for large groups and also helpful for small gatherings because it takes some of the duties of serving away from the hostess, letting her spend more time with her guests.

Dinner:

The main meal of the day, most often served in the evening, dinner, is by far the most important of the meals.

Family dinner: The basic table settings are used with practicality rather than etiquette the chief concern. It should be made as enjoyable as possible.

Informal dinner: Perhaps the most common means of entertaining in our age is to have guests in our dinner. The first thing to remember in planning an informal dinner is to keep it as simple as possible. The table is set according to the basic plan, as suits the courses scheduled for the evening. The first course if it is hot is brought in after the guests are already seated, otherwise, cold appetizers may be set out before the guests are summoned in. In serving, the plates and food are served and removed from the guests' left side, while water, wine and other beverages are served from the right to avoid upsetting the glasses. Special serving utensils, a fork or spoon or both are placed in each dish before it is passed around so that the guests will not have to use their own silver to serve themselves. The main course is always offered to the guests a second time at informal dinner. The order of serving is first to the lady at the host's rght and then around the table, serving the ladies first, then the men and serving the hosts last. After dinner coffee is usually served in the living room.

Formal dinner:

Tradition has imposed a stricter rule of etiquette on the formal dinner. The formal dinner is more of a social function than a meal. The courses to be served should be edible and filling as well as attractive to the eye and proper for the occasion.

Because of its involved nature, a formal dinner should never be attempted unless there are at least two competent servants on hand; more if the assembly is larger than 12.

The table is spread with a formal linen damask cloth, although lace may also be used. The formal dinner is one occasion where bread and butter plates are not used, but butter spreaders are sometimes provided unless buttered rolls are served.

The guests dress for dinner, the exact nature of the formal attire being prescribed by local custom. At large affairs each man is given a small card on entering the house, the card bearing the name of the lady whom he is to escort to dinner, and who will sit at his right. If diagrams are not used, the letters "R" and "L" are written on the card he is given to indicate the side of the table on which he is seated.

The host sits at the head of the table with the lady guest of honor, or the eldest lady, if there is no guest of honor, to his right, and the hostess sits at the foot of the table with the male guest of honor to her right.

When dinner is announced, the men seek out the ladies whom they are to escort and form a procession going into the dining room, the host leading and escorting the lady guest of honor, the others more or less in order of whatever rank (if any) pervails in the gathering, and the hostess last. It is customary for gentlemen to offer the ladies their arms as they escort them in.

The places are set, but the goblets are empty and there is no food on the table as the guests are seated. In some cases, a roll is folded in the napkin, so it is always well to check this feature before pulling the napkin off the plate.

A very strict procedure is followed in formal dinner service. For one thing, there is extended use of the service plate. The table in front of the guests is never permitted to be plateless except when the table is crumbed before the dessert is served. But a used plate is never immediately replaced by a full plate. When it is removed, a service plate (any plate on which other dishes are placed) is laid down and the full plate is either put on top of that or used to replace it.

The hostess is frequently served first at formal functions. This may seem a bit unhospitable, but it is a long-standing tradition that once served a very practical purpose. It, like many of our present social niceties, was once a rule of conduct followed in a more violent age so that people who did not trust one another could meet with some degree of safety when circumstances warranted. Since a very popular method of eliminating enemies was to invite them up for dinner under circumstances in which they could not refuse and then see that they got the poisoned soup, the hostess used to taste everything before it was served so the guests could proceed with reasonable assurance of a ptomainless evening.

Because of the numbers involved and because etiquette says that ladies should be served first and also the more honored of the guests before the others, there have been several systems of service devised. Sometimes the waiters make two circuits of the table, serving first the ladies, then the men; sometimes there are two simultaneous servings, one starting with the lady guest of honor and the other with the hostess, then serving the men when each rounds his respective end of the table; and in large gatherings the assembly is served in groups. in the last case, it is not required that everyone wait until everyone else has been served, but groups of six may begin eating as soon as they are served.

Table conversation is supposed to begin with the lady on the right, and there is a rite known as "turning the table" which is done at the discretion of the hostess. When she feels it timely, she turns to the man on her right, and everyone at the table is supposed to switch over so that no one will be left to stare silently at his plate.

Courses are not, as in the informal dinner, offered a second time. In the vast majority of cases, there is no carving done at the table, but filled plates are presented to the guests. The number and nature of the course served will vary with the desires of the hostess, but usually number no more than eight, including coffee, and are now frequently less.

In some cases, instead of serving individual plates, the course is brought around on a tray for the guests to serve themselves.

Candles are nearly always used on a formal dinner table, as well as place cards. The practice of smoking during the meal varies with regional tradition, and individual ash trays are provided at the proper time. Individual salt and pepper shakers are not set out, but sets are placed at every other seat. Vegetables are never served in separate saucers, and the salad is usually treated as a separate course. All condiments, relish, etc., are served in special dishes.

Following the dessert course, the ladies retire to the drawing room for coffee and conversation, while the men will either go to the smoking room (if there is one) or remain at the table for port and cigars or their equivalent. If the men remain at the table, they naturally consolidate to make conversation easier.

THE BUFFET TABLE

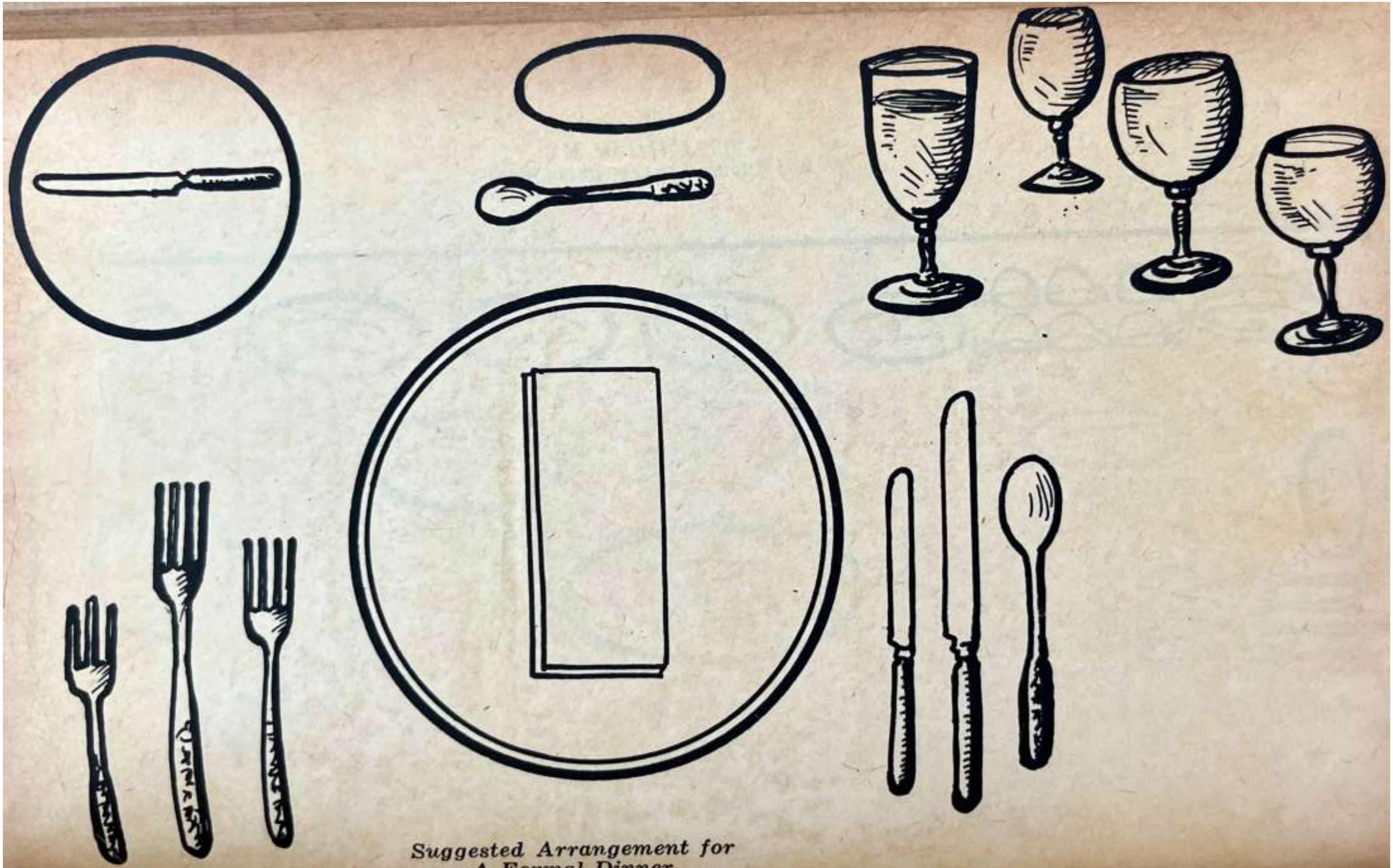
Most dining tables are designed to accommodate 12 people. When there are more than 12 guests including the host, the preparation of the buffet table is suggested.

The sketch on page 184 shows the suggestive placement of the various items ordinarily expected in a buffet table. The sketch shows only half of the table. The other half can be duplicated for the convenience of a big number of guests.

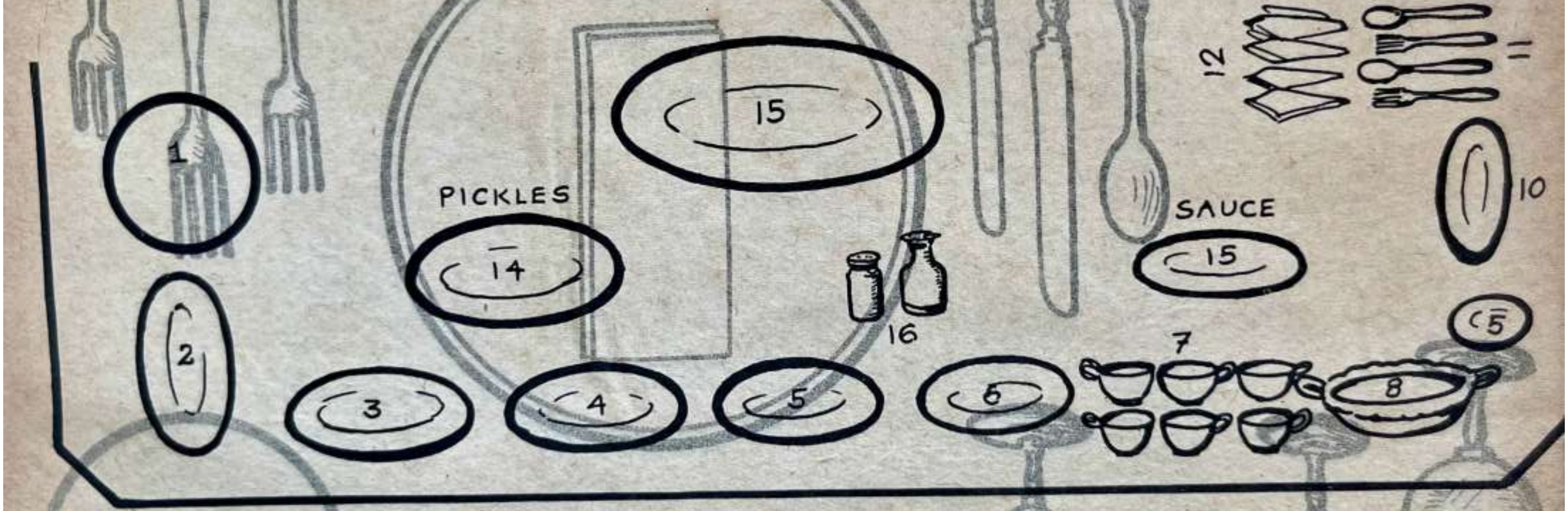
No. 1 — service plate; No. 2 — rice platter; Nos. 3, 4, 5, 6 — meat, fish, vegetable dishes and salad; No. 7 — cups for soup; No. 8 — Soup dish w/soup spoon; No. 9—Saucers for dessert; No. 10 — Dessert; No. 11 — Silverware; No. 12 — Napkins; No. 13 — Fruits; No. 14 — Pickles; No. 15 — Sauce; No. 16 — Salt, pepper, ketsup.

In this arrangement, the tableware are placed last for the convenience of the guests. Service spoons and forks should be placed on each platter, containing food. Saucers or platitos are placed near the dessert platter so that the dessert may not be included on the service plate.

When the guests are not so many, the buffet table may be placed against the wall. When this is done, traffic would be easy and smooth flowing.



Suggested Arrangement for
A Formal Dinner
See page 180 ff.


1
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PICKLES
SAUCE
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8

Suggested Arrangement for
A Buffet Table
See page 182

COMMONLY USED SPICES

OREGANO:

Dried leaves of a perennial herb of the mint family, also known as Mexican sage. Native to the Mediterrenean countries, but now grown locally. Available in whole leaves. It is an essential ingredient in chili powder, and in our country it is used in meat dishes where flesh odor needs to be neutralized. It is a classic addition to almost any tomato sauce or dish.

MUSTARD:

Both black and brown mustard seeds originally came from Europe and Southern Asia. Sharp, pungent and hot, it is used whole in pickles and salads. Powdered, it ranks high as a seasoning for fish sauces. Prepared mustard, a mixture of ground mustard, salt, vinegar and spices, is one of our favorite seasonings, especially on hot dogs.

GINGER:

The rhizome or root of a tuberous perennial plant that first flourished in Southern Asia. Grown locally. Ginger is distinctly aromatic with a spicy-sweet, pungent flavor. Light brown or buff in color, it comes ground, cracked or as whole roots. We are most familiar with its flavor from our paksiw, pinesa, nilaga, ginger-bread, cakes, cookies. Also good in pickling.

ALLSPICE:

The only major spice that is grown in the Western-Hemisphere exclusively. It is the dried, nearly ripe, pea-shaped fruit of an evergreen of the myrtle family. Because it is similar to a blend of cinnamon, nutmeg and cloves in flavor, it was dubbed "allspice" early in its existence. In its whole form, allspice is employed in pickling, boiling of fish, in meats and gravies. Used ground, it lends flavor to all sorts of baked products, puddings and fruit preserves.

ROSEMARY:

This herb, also called Rosa Maria, is from dried leaves of an evergreen of the mint family. Another of the ancient herbs, rosemary is mentioned in many legends. One of these claims it will grow only in the gardens of the righteous. Available in whole or ground form, this herb imparts a fresh, sweet flavor to boiled potatoes, turnips, cauliflower. For flavorful beef sprinkle it with rosemary before roasting.

NUTMEG (NUEZ MOSCADA):

The seed of a peach-like fruit of a tropical evergreen tree, the same plant that yields mace. A highly popular spice, nutmeg has a sweet and piquant flavor, is most frequently used in baked goods, puddings and beverages (notably egg-nog). It is an invariable addition to processed meats. You might try a pinch of nutmeg in gravy for a meat pie, or 1/4 teaspoon of it in a package of fruit gelatin. Nutmeg comes whole and ground.

SAFFRON (KASUBHA):

The dry stigma of a crocus plant, this is one of the world's most expensive spices. Each plant yields only three stigmas; as to make one pound of saffron takes 225,000 stigmas — and they must be hand-picked. Just a speck, however, goes a long way. The stigmas are delicate orange; the spice is pleasantly bitter, gives a yellow hue to foods. The most familiar dishes using it are arroz con pollo and burong isda. It is purchased usually in powder form.

BAY LEAVES (LAUREL):

The dried leaves from the evergreen known as sweet-bay or laurel, native to the Mediterranean area. One of the oldest herbs known to man, bay leaves still rank among the most popular. The dried leaves are green in color, one to two inches long, and have a distinctly pungent flavor. They are used almost without exception in pickling sauces and stews: they make an excellent addition to fish chowder and such variety meats as kidney and heart.

SESAME (LINGA):

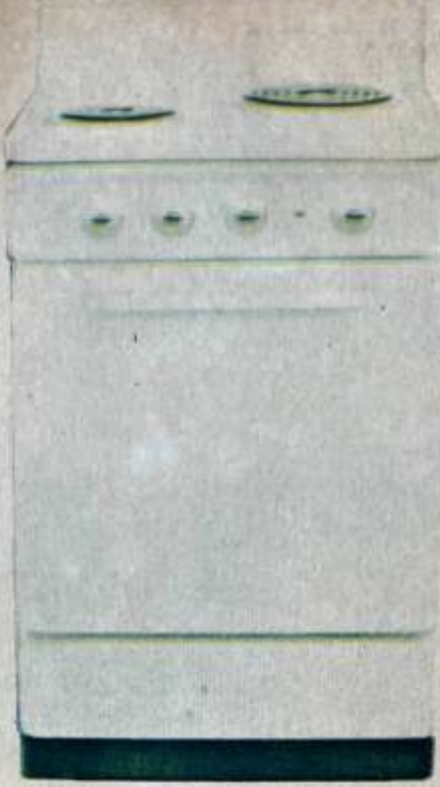
The seed of an annual of the sasamum family, also known as beneseed. This plant grows one to two feet high and puts forth colorful flowers. Its tiny seeds are usually sold hulled. They are also available unhulled, but never ground. Used for cookies, rolls, scones and candies. Many tons of it go into the Jewish confection, halvah. To be most flavorful, seeds should first be toasted.

CARAWAY:

The fruit of a biennial plant of the carrot family. Caraway is a hard, brown seed, about three sixteenths of an inch long curved and tapered on each end. The seed is chiefly used whole. Caraway gives rye bread its distinctive flavor. It's a frequent addition to rolls, cakes, cheeses, sauerkraut, mixed pickling spices, meats and stews. Although some caraway is cultivated in this country, we import most of ours from the Netherlands.

Part Two

HOUSEHOLD HINTS



Only Westinghouse ELECTRIC RANGES have INFINITE HEAT CONTROL for better and more practical cooking.

Only Westinghouse Electric Ranges give you limitless heat settings from simmer to red-hot. Just the right amount of heat for the right kind of cooking. Makes cooking more convenient. Makes you a better cook, too.

Westinghouse Electric Ranges are engineered with the same brand of quality that has made Westinghouse a trusted name in home appliances the world over.

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A. CARE OF HOUSEHOLD EQUIPMENT

STOVES:

Stoves should be wiped after each meal. They also need careful cleaning every week, or they become so caked with soot and grease that it is impossible to restore them to their original condition. The porcelain enamel surface that protects the steel beneath is a kind of glass. Though hard, it will break with sudden changes of heat and cold, or hard blows. If the enamel does chip, touch up damaged spots carefully with paint, recommended by your range dealer. It may look patchy but it's better than exposed places that invite rust. Guard against scratches — don't drag pans or anything rough across your enamel range top.

Enamel is easily kept clean with a cloth wrung out of soapy water. Abrasives roughen the enamel and metal trim, and their use will not be necessary if the stove is wiped after each meal, and if food that boils over is wiped up immediately.

Surface burners need regular, thorough cleaning. Take them out, brush away food or dust particles with a stiff brush. Use a brush also to clean the air shutter. If openings in the burners are clogged, use a fine wire to clean them. Beware of toothpicks; they may break and further clog the burner.

Clean cast-iron burners for a short time in a solution of 1 tablespoon of washing soda to 3 quarts of water. Then wash in soap and water. Use a bottle brush to clean the inside of the tube leading to the burner head. Rinse the burners in clear water and wipe dry. Put them upside down in the warm oven for a few minutes to dry thoroughy before replacing.

Burners of materials other than cast iron should not be boiled in soda water. A soap and water bath will usually clean them satisfactorily, with the aid of a scratchless scouring powder and fine wire carefully inserted. Clean the top burner pilots with a fine wire brush.

To remove spilled grease from oven, saturate cloths with ammonia solution, place them in oven, overnight, scrub out spots with soap and water. Repeat if necessary.

To remove fats, heat and pour off while hot. Cool fat may be removed with a rubber scraper, then paper towel or newspaper.

To remove grease from a single burner, hold it over the flame of another burner. To remove rust from a stove, use fine sandpaper or emery cloth. To blacken or polish, mix a few pinches of brown sugar and strong left over of coffee, and apply the mixture. To prevent rust on a stove, keep the surface covered with mineral oil, kerosene or lard for short periods several times a year. To remove soot from glass door of an oven, wash with baking soda.

ELECTRIC RANGES:

The most vital parts of your electric range are the wires that furnish the heat. The wires of open units are easily damaged at any time with sharp objects. Be especially careful not to touch them with any metal object when the current is on. A short circuit — electric shock — blown fuse — burnt-out coil — any or all of these may result. Four things are especially harmful to the wires of an open unit — salt, soda, soap, sugar. Be careful to keep them off the coils; there's danger of burning out the wires.

When food spills over on the surface units, let it char. When the unit is cool, brush off particles with a non-metallic bristle brush. If needed, enclosed units may then be washed off. Keep the pans beneath the surface units clean. Lift them out if they can be removed and wash them like any cooking utensils. If you can't take them out, wipe them with a damp cloth. Keep the drip trays beneath clean — wash them every day if possible. They not only become more difficult to clean if left for a long time, but spilled foods may harm the finish and even cause some drip trays to rust.

REFRIGERATORS:

Refrigerators must be cleaned every week to keep them sweet and sanitary. As soon as anything is spilled in a refrigerator, it should, of course, be wiped up immediately. To prevent rust on refrigerator trays, coat with floor wax.

If the interior is free from spots where food has been spilled it may be washed with clear warm water in which soda has been dissolved. The use of soda or other equally mild alkali helps to remove odors.

Keep the condenser clean with long-handled brush or vacuum cleaner attachment. Refrigerator should be placed away from heat, with air space at back and top. Some open-type mechanisms require periodic oiling and cleaning. Use a medium heavy oil. A motor should be oiled once in 3 years. If enamel chips or rust, retouch immediately.

If going away for a short period, turn refrigerator to its warmest setting. If leaving for a long period, remove all food, disconnect, leave door open. When moving special care must be taken not to jolt or vibrate the mechanisms. In resetting, mechanisms should be checked to see that all bolts are fastened.

If refrigerator does not work (1) check that electrical current is coming through; (2) check control switch to make sure it is on; give mechanism a minute to come through; (3) if mechanism runs but does not refrigerate, turn off switch and allow ice to melt, then start mechanism again and check; (4) if mechanism seems to run too much, clean condenser with brush, check to see if too much warm food is being placed in refrigerator or too many ice cubes made. Set control for colder temperature.

B. CARE OF MISCELLANEOUS UTENSILS

DISHES:

Soak in hot, soapy water, for sugary dishes; cold, soapy water for egg, fish and doughs; warm with soap for greasy dishes, pots and pans. Do not use washing soda on aluminum; it burns it. Change water as it becomes dirty.

Gold-trimmed dishes should never be scraped with metal knife (use rubber scraper or soft paper), and should be washed only in mild soap which contains little alkali. To clean gold borders on plates, scrub with tooth brush dipped in bicarbonate of soda, or if moist alum is used, allow it to stay on for two hours before washing.

Glassware should be washed in warm water with a few drops of ammonia added. Do glassware first, and in general, the cleanest dishes first. Wash silverware last; this should be allowed to soak. To add sparkle to glassware, add laundry blueing water. Rinse with hot water. To remove coffee or tea stains from a cup, wet with vinegar and rub with damp cloth dipped in salt. Coffee stains respond particularly to baking soda with a spoonful of soap powder added; simmer for 10 minutes. Stack dishes end up (in ash ordinary dish drainer if available), to allow maximum air to reach their surface. A spray attached to the hot water faucet may be used to rinse dishes while in a wire drainer. If rinsing water is sufficiently hot, dishes may dry by themselves. However, pots and silver must be wiped.

For bottles, jars, or glassware with a narrow opening, use a long narrow, flexible bottle brush. If this is not available insert soft paper inside with a teaspoon and powder and water. If this method is not practical, fill with cracked egg shells, buckshot, coffee grinds, pebbles, or small hard objects and shake well. To clean the tube of a percolator, add 4 tablespoonfulls of salt to percolating water for 10 minutes; or use a pipe cleaner.

Cut glass should be washed individually in solution of warm water with a few drops of ammonia added. A cloth may be placed at the bottom of the washing pan for protection.

BABY BOTTLES:

After each use, rinse and fill with cold water to avoid milk caking on the sides. Rinse nipples and squeeze cold water through holes.

To sterilize, wash with hot water, soap and bottle brush; rinse. (Do same for nipples, nipple covers and bottle caps.) Stack bottles upside down in sterilizer rack. Place nipples, etc. in nipple jar, upside down in proper compartment. Add two inches of hot water. Insert rack. Insert other bottles used for juice and water, funnel, strainer, etc. Place on cover. Boil for 5 minutes. Place ready for making formula.

THERMOS BOTTLES:

Add a few drops of ammonia to warm water and allow to soak. After being used for milk or cocoa, add baking soda to washing solution. Change the cork frequently. When using, cover the cork with wax paper to prevent absorption, and to allow for easier opening; when not in use, bottle should be uncorked.

POTS AND PANS:

Steel wool is best for scouring. Some substitutes—brown paper crushed into a ball: a sturdy shoe brush with metal bristles clipped way down; coal ashes sifted through a strainer and combined with soap powder and raw potato; a link chain wrapped in a dish towel; crushed egg shell wrapped in cheesecloth.

KITCHEN AND TABLEWARE:

When you wash dishes by hand, do the glassware first, then flatware and dinnerware, pots and pans last of all. Working from right to left, with the drain rack or board at the left of sink, is most convenient if you're right-handed, if you're left-handed, work in the opposite direction.

Before you plunge dishes into the water, scrape off waste and wipe off lipstick stains, ashes or greasy deposits with a paper towel. Rinse glasses and cups as soon as possible after use; in cold water if they have held milk. Use cool water, too, to soak any dishes with starchy, egg or meat residue. Water for washing and rinsing should be as hot as your detergent stand — and try not to crowd the sink or dishpan. A detergent is preferred for hard water, but soap can be used. When you wash fine china or crystal, it's wise to line the dishpan with a towel or mat and use a mat on the drainboard. Dishes can be air- or towel-dried, as you prefer.

GLASSWARE:

Glass can be broken by sudden temperature changes, so if glasses have just held iced drinks, don't put them in hot water or hold them directly under the hot water faucet. Be extra careful with stemware: hold it by the bowl, not by the stem. For sparkling crystal, add bluing or ammonia to the rinse water, then rinse again in clear water. Ammonia is also helpful for cleaning vinegar crusts; a chlorine bleach solution for flower vases; baking soda for glass coffee makers. Use a soft brush or old toothbrush to clean the indentation on cut; etched or pressed glass. A longhandled brush, sponge or mop is efficient for tall, narrow-mouthed pieces.

Hot food or liquids can easily crack or break cold glass. When you pour hot tea over ice, for instance, put a metal spoon in the glass to offset the extreme change of temperature. *Store glassware,* if possible, with rims up, on lined shelves. If space is limited, you may have to alternate stemware, rims up and down. It's not a good idea to stack glass. But if you must, and two glasses stick together, separate them by filling the inner glass with and submerging the lower in warm water.

FLATWARE AND HOLLOWWARE:

Flatware, especially pieces which had contact with protein foods, should be rinsed soon after use. If you use a sink mat, be sure it's vinyl plastic — not rubber, which causes tarnish. Some homemakers find air-drying satisfactory, but hard-water minerals can leave white deposits if flatware is not towel-dried. Towel-drying also helps to remove slight tarnish. Stainless steel can discolor after prolonged contact with salt, acid or dairy foods. If it does, wash in a vinegar — or ammonia-water solution. Remove clinging food bits with mild scouring powder or stainless steel wool pads.

Almost all flatware and hollowware can go safely into a machine. Exceptions: antiques and wooden-handled knives. When you load flatware pieces, fan them apart so they don't nestle together. And don't spill detergent directly on silver.

The best tarnish preventive is daily use and washing. Keep a treated cloth handy for touchups. Standard silver polish can be liquid, paste or cream. Polish with a clean cloth or chamois, rubbing flatware lengthwise. On hollowware, follow contours. Then wash, rinse and dry.

Silver manufacturers don't as a rule recommend chemical dips or aluminum baths. They can stain knife blades, or remove oxidation shadows that enhance the design. But many homemakers find the aluminum treatment is timesaver, particularly if their silver has no oxidized pattern. For this treatment, place silver in a large aluminum pan and add a teaspoon of salt and of baking soda per quart of water. Be sure water covers silver. Boil for 2 minutes.

Store seldom-used pieces, in tarnish-resistant, treated bags or wrap in closed containers. Tarnish-resistant chests are also available for flatware. Stainless steel can be scratched, so store it in pocketed bags.

DINNERWARE:

As soon as possible after use, rinse off or spray china, pottery or earthware that has held foods containing vinegar, lemon or salt, because they can mar a gold, silver or overglaze trim. Use no scouring pads or powder; they can scratch the glaze. Don't let aluminum pans or silver rub against china — either can cause hard-to-remove stains. Crazing is often caused by sudden temperature changes, so avoid plunging cold dishes into hot water.

If your dinnerware is melamine, rinse cups soon after use to guard against stains. If stains do form, use a commercial dip (based on sodium perborate bleach). Chlorine bleaches should not be used, because they can damage the surface gloss. It is also possible to get washing compounds that help prevent stain formation. Melamine, although almost unbreakable, can be scratched by sharp knives, its surface damaged by scouring pads or powders. To remove stains, rub persistent spots vigorously with a detergent-moistened sponge or cloth. If white spots remain on the darker colors of a melamine piece, the cause is probably minerals in hard water. To remedy soften wash and rinse water.

China that is antique or hand-painted is best not subjected to the high water temperatures and detergents of the dishwasher. The same is true with some modern china where the decoration is applied over the glaze. If in doubt about particular pieces, ask the store where you made your purchase, write the manufacturer, or test-wash a seldom-used piece every day for a month and compare its decoration with that of a handwashed piece. If coffee and tea stains persist in cups, run them through cycle containing chlorine bleach and detergent, making sure there is no metal or silver in the load. Better not try this too often — used excessively, bleach can damage a dishwasher.

Any melamine dish can be washed in the machine, because its decoration and color are permanently molded into the body. But remember that not all plastic dinnerware is melamine and some of the inexpensive picnic-ware items can't go in the dishwasher.

You can warm plates on top of a range, in a very low oven or in a dishwasher. Don't bake in such dishes unless they're marked ovenproof. There are also a few dishes that can be used for surface cooking.

Storage depends on the piece. Hang china, earthenware or pottery cups on hooks or store on a narrow shelf. Either way you'll avoid broken handles, chipped rims or cracks. The more crowded a shelf, the greater chance for chipping or cracking. To prevent scratching use flannel, felt or paper pads between stacked plates and saucers. Set plates gently in place — don't slide them onto the stack. Racks that file plates vertically make access convenient.

COOKWARE AND OTHER UTENSILS:

Aluminum darkens with exposure to prolonged soaking and to certain foods, salts and minerals. Alkalies can cause pitting. Bright-finished pans can be scoured, but scouring can destroy the purposely dull finish on many pie pans. If stainless steel discolors from high heats, treat them with mild cleanser mixed with a little vinegar, or just stainless steel wool pads.

To remove burned-on food from cast iron utensils, soak in a baking soda solution; to prevent rusting dry thoroughly. Treat your porcelain-coated cast iron, vitrified china ovenware and glass-ceramic utensils as you would china. Woodenware can warp or swell if soaked.

Most cookware and utensils can go into a machine. Exceptions: anodized aluminum (such as saucepan lids and tumblers) wooden-handled cutlery and utensils, cast-iron ware and some plastic and rubber items.

Standard aluminum-ware can be discolored, but it isn't harmed, by detergent action in hard water. Many dishwashers now have special cycles for efficient cookware cleaning.

Glass cookware requires much the same precautions as glass tableware. Protect it from sudden temperature changes; don't heat an empty glass pan or allow one to boil dry.

Very high heat can warp or discolor some lightweight metal pans. Special polishes are available to remove tarnish from copperclad utensils.

Store or hang items at point of first use. Cutlery should be stored in slotted wall racks or compartmented trays; either device protects and keeps them out of reach of small children.

GLASS CRUET:

A glass cruet used for storing olive oil should be washed thoroughly before it is refilled. Here is the best way to wash it: Rinse out well with very hot water, then pour in a little sudsy ammonia. Fill with water, shake well, and let stand about 30 minutes. Rinse the cruet well with more hot water until no ammonia odor remains. Now fill again with olive oil. It is important that a container be spotlessly clean; impurities getting into the oil may cause it to become rancid.

C. HOW TO SEASON AN OMELLETTE PAN

Plain iron pan.

First scrub it with steel wool and scouring powder.

Rinse and dry it.

Then heat it for a minute or two, just until its bottom is too hot for your hand.

Rub it with cooking oil and let stand overnight.

Just before using, sprinkle with 1 tbsp. of salt, heat it and rub vigorously for a minute with paper towel.

Rub it clean and it is ready for use.

Use this pan for cooking eggs only. This pan need not be washed, but wiped clean only. But if it is washed, dry, warm and oil before storing away. After a time and the pan sticks, heat gently and rub with salt. If any other pan is used, aside from the iron pan, then omit the scrubbing with steel wool. Simply clean well and proceed as directed. Any cooking utensil for that matter can be treated the same way to prevent sticking at the botttom of the pan.

D. TIPS ON HOUSEKEEPING AND HOME MANAGEMENT

LIVING ROOM:

1. Freshly laundered curtains have a tendency not to hang right. To correct them, use cellophane tape to fasten the base to the baseboard or window sill.
2. You can lessen the possibility of having sun-streaked draperies if you make the top and bottom hem identical on a convertible pattern. Every few weeks, slip off the rod and hang them bottom side up.
3. If you have a grandfather clock, you can easily clean the works by saturating a cloth with kerosene and leaving it on the floor of the clock for several days. Keep the

door closed. After a few days, you will find the dirt loosened and fallen on the floor.

4. When your playing cards get dirty, dip some cotton in spirits of camphor and clean the cards. Wipe dry with fresh cotton.
5. When cleaning windows and mirror, add a little bluing in the cleaning water for added sparkle.
6. To prevent your picture frames from tilting, wrap a piece of cellophane tape around the center of the wire.
7. Gilt picture frames will regain their original luster if rubbed with a sponge moistened in turpentine.

LIBRARY:

1. Wash bookshelves with a borax solution and sprinkle a little borax on the back of the shelves to discourage silverfish from eating your precious books.
2. Cut a square or circle of foil a little larger than the bottom of your waste-basket and push down to fit securely. You will have a longer use for your waste-basket.
3. If you love to read in a rocking chair and find that your floor get marred by its "walking," fasten a piece of felt to the underside. Your floor will not take any beating.
4. When your rugs start to turn up at corners, cut L-shape hard cardboard and glue them to the underside of the turning corner.

DINING ROOM:

1. When serving food, always have a cover on the table, tablecloth, cloth mats or even paperdoily.
2. One hint to the newly married. Always have the table set when your husband comes home, even if you have not decided what to have for lunch or dinner. The illusion will make him happy, even if you just have to open cans for his lunch.
3. If you have a special motif to present, use your tablecloth to depict them. Gather whatever cards you have for the occasion you would want to depict like Christmas, birthday, shower, baptism, valentines, etc... and lay them on a plain white cloth. Cover with clear cellophane and tape with clear tape.
4. If you have an extra beautiful tablecloth, use a glass dinner plate to show them off.
5. If you are having the toddlers for a party, use a bright terry cloth for a table cover.

6. Have your laundry woman fold your tablecloth the long way and hang on hangers with clothspins. This way they will have fewer folds.

KITCHEN:

1. Rub a half calamansi on your wooden board, rolling pin and wooden spoon to remove discoloration.
2. Ivory knife handles can be made white by rubbing with a half of calamansi juice and salt.
3. Rubber sink and stove mats can be made clean of grime and stain by soaking in bleaching water.
4. To clean your beaters with easy motion, slide down between tines of fork. Batter will fall easily and the beaters will be easier to wash.
5. A piece of sandpaper, rough side up, or a piece of rubber tube clamped under the table between the clamp of the meat grinder will assure you that while grinding, the grinder will not do the "twist."
6. Wedge a piece of wood between the table and the screw clamp of the meat grinder to tilt the grinder forward so that the juice will flow with the food instead of splashing on the floor.
7. Let stand on your kitchen stove top the salt shakers and you will have a continuous flow of salt when needed.
8. Fruit and tomatoes may be sliced evenly if you use a saw-toothed knife in the absence of the tomato slicer.
9. Use a clean bottle in place of a rolling pin if you do not have it in your pantry.
10. A pair of eyebrow tweezers do a fine job of removing small bones from fish, placing candies, small sugar flowers, etc. on decorated cakes.
11. Clean the top of a darkened cauliflower head with a clean coarse wire pot-scrubber.
12. Before you start to cook, put a piece of wax paper on the work area of your stove to eliminate numerous wiping with a dishcloth.
13. Guava jelly can be sliced if you dip your knife in ice water before slicing.
14. An easier method of sterilizing jars is to wash them, rinse and drain. Put them in a cold oven and start to heat the oven until 300° F. only when needed.
15. In pouring melted paraffin over jelly, make the first layer cool off before adding a second layer. You will surely

have a tightly covered jelly jar if you further add a piece of paper dipped on eggwhite to cover the jar.

16. When you come home from the grocery store, sift your flour into the cannister to save time when you prepare your cake.

17. Use large size paper plates in sifting dry ingredients, they are easy to handle and can be kept in a paper bag for re-use.

18. An ordinary bycicle basket, painted and hung in your kitchen will give you added space to store pie pans, covers, etc.

19. Fasten a screen door spring inside one of the kitchen cabinets to keep your paper bags firmly in place.

20. Use old newspaper to catch peelings when you are working in the kitchen. This saves time in clearing whatever dirt there is left.

21. If you wish to remove all the silk hair of the corn you are cooking, use a small hand brush. It is more effective than your fingers.

22. In preparing shortening for a recipe and the same recipe calls for eggs, break the egg in the measuring cup, pour into the bowl then measure your shortening. This way your shortening will slip off the cup without any difficulty.

23. Your painted wall next to the stove can be kept free of grease spots if you polish the wall with a liquid self-polishing wax. Wipe with a clean dry cloth to remove spots after cooking.

24. When frying foods which sizzles, invert a colander over the the pan. You will prevent the minute burns and the walls will be easier to clean.

35. Scissors can be sharpened by cutting through sandpaper. Knives too can be sharpened by honing on a piece of sandpaper, pasted on a piece of wooden ruler.

26. If you have cups which have been stained badly by coffee, soak in a little warm vinegar then rub with a piece of cloth dipped in salt. Wash in soapy water, rinse and dry.

27. Have a clogged sink? Cover the top opening of the sink with baking soda, pour over vinegar and hear the glugglug as the sink gets clean.

28. Tiny insects which are hard to remove in some vegetables can be removed by immersing the leaves in water with a little vinegar.

29. Vinegar removes grease fast. Dip a piece of cloth in vinegar and wipe clean your stove once a day.

30. Cleaning fish? Rub some vinegar on the fish before scaling, then the job will be easier.

31. Marinating meat not only enhances the flavor, it also tenderizes the meat.

32. Wrap your ham or cheese in a cloth dipped in vinegar to avoid them from having the molds.

33. Keep your cookbooks clean and easy to care by giving a coat of shellac on the covers.

34. A small medicine cabinet hung in the kitchen provides extra space for spices and furnishes a mirror where you can check on your appearances. Keep an extra lipstick and powder case so you can touch before answering the door.

35. Small plastic bags keep the pantry neat and clean. Use one of each opened carton of cereal, sugar, cake flour, etc. and seal closed with rubber band.

36. Natural-wood bowls, plates, platters, should be given a coat of clear shellac inside and out. Do not wash after using, wipe with damp cloth and let dry.

37. Small mats of sandpaper can be used where you want to stand some plates or platter on ends.

38. Desk blotter make good shelves lining. They will cushion the dishes and absorb moisture.

39. Keep your good china from chipping, cut small squares of blotting paper and use between plates.

40. Do you have some cracked china? The appearance can be improved if you boil them in milk for 45 minutes.

41. If your gold trimmed plates are rubby looking, it is time to clean them with dry toothbrush dipped in baking soda or a moist toothbrush dipped in powdered alum. Let stand for a few hours, then wash and dry.

42. To remove the fish odor of fish from utensils and plates, wash in water with a tablespoon of ammonia.

43. All crystal and cut glasses should be washed in water with a little ammonia. They will give added sparkle.

44. Preserve your refrigerator and stove. When there is a chip, cover the spot with a mixture of finely ground zinc white (see your hardware) and clean nail polish.

45. Try using this mixture to clean the outside of your refrigerator and stove.

    2 tbsp. paste silver polishing
    1 tsp. liquid bleach
    1 tsp. liquid detergent

[redacted]

46. If your refrigerator shelves are full and you still need space, place square, rectangular or jelly roll pans over the bowls and place the small dishes on the pans. These will prevent any spills.

47. One trick to minimize on frost in your freezer is to return the ice trays filled with hot water.

48. Coat the underside of your ice tray with wax or paraffin. The wax will prevent the trays from sticking on the floor of your freezer.

49. If you wish, you can also line the floor of the freezer with wax paper.

50. Once a week, wash your ice trays with warm soapy water. When refilled and frozen the ice will come out easily.

51. Clean your refrigerators with lukewarm water with baking soda to remove odors.

52. Keep your nail polish in the refrigerator to keep from drying out.

53. Having a party? If you do not have enough ice trays, use the plastic egg tray filled with water to make unusual oval-shaped ice.

54. It is not hard to clean gas stoves with burned foods on them. Boil the grids in a solution of baking soda and water (4 tsp. to 1 qt. water) for 15 min. to 20 min. Wash in soapy water and rinse, let dry.

55. When some food has boiled over in the oven, quickly cover with salt to prevent smoke and unpleasant odor while baking is finished. When the oven is cold, remove the salt and wash the oven with detergent.

56. If you are making a fruit pie, slip a bigger piece of aluminum foil under the pie plate to avoid juice from overflowing.

57. Make a stove mat by using an old magazine covered aluminum foil. You can lay down your soup laddles, forks, etc. on the top of the stove without fear of scratching the finish.

58. When warming leftover, use double boiler or steamer. Then your food will not get mushy.

59. Put a jar lid on the bottom part of a double boiler, when the water supply dwindles the lid will begin to rattle and will prevent burning the pan dry.

60. New cast-iron pots and pans should be seasoned for use. Cover the entire interior of the cooking utensils with unsalted fat, such as lard, vegetable oil, etc. Heat in slow oven or slow fire for several hours, occasionally adding more fat. Wipe dry with paper towels. Grease the

[redacted]

pot before and after cooking for the first few times you use it. This method will insure you against being panned for your pot roast or popovers.

61. Rub the bottom of your jelly kettle with a little cooking oil before pouring in the juice to keep the jelly from sticking as it cooks.

62. You need not be a "square" to serve salad. Large cubes of gelatin are attractive and easy to prepare. Pour the gelatin mixture into an ice tray from which the sections have been removed. Finely chopped fruits or vegetables may be added. When it has set, push the ice-cubs section through it to make even squares.

63. Four large unstuffed olives in a cup of salad oil, kept in a tightly covered jar in the refrigerator, will give you a nice-tasting "olive oil" in about a week.

64. The recipe for a gelatin dessert or salad calls for the use of a ring mold and you don't have one? Substitute. Use a small cereal bowl placed in a large soup plate. Remember this if you are responsible for a large number of ring salads for a party or club meeting.

65. For fried foods which require flouring try using pancake flour or mix instead of regular flour. You will be pleased with the better flavor.

66. To give iced tea eye appeal, use ice cubes to which were added a leaf of mint, a cube of lemon and a quarter of a red cherry before they were frozen.

67. Powdered sugar instead if granulated sugar in whipped cream will insure that it will still be in "peak" condition when you are ready to finish your shortcake.

68. Sweeten whipped cream with 1 tbsp. of strained honey instead of sugar. The flavor is delightful and the cream will retain its stiffness longer.

69. A half can each of cream of chicken soup and cream of mushroom soup can be added with chicken to noodles or rice. The combined flavors result in a delicious main dish.

70. Housewives agree that milk will not scorch so easily if heated in a pan which has been rinsed in cold water before the milk is poured into it.

71. Marshmallows may be sliced into flower petals. When the cut edges are dipped into colored sugar or chopped coconut the marshmallows can be arranged on a frosted cake in the shape of a flower to make a lovely and unusual decoration for a special occasion.

72. Cutting marshmallows for dessert and salads can be sheer pleasure if your shears are dipped in powdered sugar to cut the stickly little candy pillows.

73. Toasted marshmallows are delicious if you can get them off the fork on which they have been cooked. If you dip the fork in butter before putting on the marshmallows, you will keep their shape when being pulled off.

74. When you open a new bottle of ketchup, insert a straw, pushing it to the bottom of the bottle. Remove the straw and you will find that the air that was admitted to the bottom will make the ketchup flow easily.

75. Bread or rolls that have dried out can be revived to taste freshly baked by using the following method: A clean paper bag, large enough to cover the bread or rolls completely, should be filled with cold water from the faucet and then emptied. Remove the original wrapper from the bread and put it or the rolls into the empty bag. Fold the edges over, bake in a hot oven, 400 degrees, for 20 or 25 minutes. Remove and brush with melted shortening. The resulting baked goods are delicious and fresh-tasting.

76. For variety, try serving toast cut in various shapes with soup or salad instead of the expected crackers. Use your cooky cutters to fashion different designs from thin slices of bread, making some white, others from rye or whole wheat. Toast in a hot oven until brown and dry.

77. You can omit the kneading process for rolls if you cream the shortening well and mix all ingredients thoroughly with a spoon. Place in a greased bowl to rise.

78. When fruitcake becomes hard, wrap it in a cloth soaked in orange juice and store in an airtight can or box to freshen.

79. You can be sure fruitcakes and cookies are stored in airtight tins if you run a strip of adhesive tape around the the tin so that it covers the edge of the lid.

80. Leftover fruitcake batter may be dropped by teaspoonfuls on a cooky sheet for a delicious bite to serve at teatime.

81. Water can be used in cake or biscuits if the milkman is delayed in delivering your order or if you just plain forgot to buy milk. The resulting product will be light and good but it is not as nutritious as milk would make it.

82. Save your 9-oz. size cans in which pineapple is sold. Remove the top and label and wash and dry thoroughly. You now have a cake tin which holds 1/2 cup batter and produces a small cake large enough for two servings. The batter for a cake requiring two cups of flour will make about 15 cakes. Put your family on a pineapple binge and save the cans.

83. Wax paper over the frosted cake you are taking to the Benefit Party will stick to the iced surface and spoil its appearance. Rub butter or margarine in a thin film over the wax paper before putting it over the cake and you can present your creation with pride. (Naturally, put the greased side of the paper toward the cake!)

84. Lemon juice beaten into white frosting that has become too hard will soften it.

85. When separating egg yolks from the whites, the new cook, and some old ones, often break the yolk and it will drip into the white. This makes the whites almost impossible to beat. Dip a cloth in cold water and touch the spots of egg yolk. They will stick to the cloth and can be easily removed, leaving the whites clear.

86. Brides are often told that whipping cream will be firmer and double in quantity if the white of an egg is added to each cup of cream. They are not always told how to proceed. The eggs and the cream should be whipped separately and then put together and whipped a little more.

87. When making an omelet, beat the whites and the yolks separately and then mix just before you pour into the skillet. The air beaten into the mixture will give you a light, high and puffy omelet.

88. Do your omelets lie down on the job? Add a pinch of cornstarch and a pinch of powdered sugar to the yolk of each egg before it is beaten.

89. Canned grapefruit or orange juice should be poured back and forth a few times from can to pitcher to allow it to incorporate air. This makes the canned product taste fresher.

90. To peel oranges or grapefruit for salad, give them a hot bath first. Pour boiling water over the fruit and allow it to stand for 5 minutes; this will make it possible to remove the fibrous white undercoat with the skin. Be sure to chill before serving.

91. Many of us make preserved watermelon rind and use it as garnish or as a pickle. One suggestion has been made that the rind be colored with vegetable coloring. If some is done red and some green, you will have excellent decorations at holiday time for desserts, salads, etc.

92. Try chopping the raisins for raisin cookies. Don't make them too fine. You will find the flavor different from those cookies made with whole raisins.

93. Many a young bride has found to her sorrow that fresh pineapple simply will not jell. The enzyme that prevents jelling can be counteracted by scalding the pineapple before using. Now what will you use for an excuse?

94. We have no trouble with lumpy gravy because we add flour to hot fat and stir until smooth. Removing the pan from the heat, we add cold water and stir until it is blended. Cook until it reaches the right consistency and color. Cooks who add the flour mixed with a little water or milk as the last step have found that a little salt mixed with the water helps to prevent lumps from forming in the gravy.

95. When broiling meat in the stove, keep at least 1/4 cup of water in the pan to prevent burning and smoking. The pan and the rack will be easier to clean, also. Try it—water is cheap.

96. Experienced cooks do a roast with the fat side up. The juices soak down into the meat and keep it basted and moist.

97. Pork chops soaked in milk before frying or broiling will not become hard on the outside.

98. Salt on the grill instead of fat will keep hamburgers and steak juicy. Be sure to warn guests not to salt the meat until they taste it, as this method usually adds enough of that seasoning.

99. Cold cuts can be turned into hot meats without loss of flavor by wrapping the slices of cold meat in 2 soaking wet dish towels. laying them in a baking pan and popping them into a hot oven for 15 minutes.

100. If fried bacon is usually too greasy for you to digest, add about 4 tbsp. of water to the frying bacon, and let it boil entirely away. If you now brown your bacon, you will be able to serve it well done and with a lower fat content.

101. Chicken livers, wrapped in aluminum foil, can be dropped in deep hot fat. They will fry a golden brown within the paper. They should be unwrapped when finished and served immediately.

102.. Whether you make Northern-fried chicken or not, you may be interested in stirring a little baking powder in the flour which you are going to use to coat the pieces of fowl before frying. This makes a fine, crisp covering.

103. When making poultry stuffing, run the celery, onions or nuts through the food chopper instead of cutting them with a paring knife. This is a time-saver not only when preparing these items, but the time-saving carries over to the sauteeing stage, for the ground foods cook much faster.

104. An apple, whole or sliced, or several prunes put into the cavity of the turkey or chicken before it is stuffed will impart a delicious flavor and keep the meat of the bird from being dry.

105. A tablespoon of lemon juice added to the egg which is to serve as a dip when frying fish will give the fish a delicious flavor.

106. One housewife sent us a nutty idea. She has found that nuts crack more easily when they are cold and she keeps her supply in the freezer for a half day before cracking and picking the meat. They grind easily and have no loss of oil. If they are to be ground 2 or 3 times, they go back in the freezer before each grinding. There is no sogginess or loss of flavor. Don't put the nuts in loose or you'll spend your precious time having to find them. Freeze them in a plastic bag.

107. When adding nuts to a cake batter, dampen them with a little warm water and roll in flour. They will be better distributed in the cake.

108. One cook informs us that she obtains flakier piecrust when instead of using 4 tbsp. of ice water in a recipe for two piecrust, she uses 3 tbsp. of water and one of sugar. The water dissolves the sugar and she feels that her excellent pies are the result of this combination.

109. Some home bakers add 1 tsp. of vinegar to the cold water used for mixing piecrust. They swear it makes a flakier crust. If it doesn't you're in a pickle!

110. Cooks in the know say piecrust should be rolled only on one side to insure flaky results.

111. Have you tried putting a pie pan a size smaller on top of a single piecrust as it is baking, to prevent the crust from shrinking?

112. Wanted! The juice that escaped from our last apple pie! This will not happen to you if you remember to dampen the edge of the bottom crust with cold water before fitting the top crust to the filled pie. The water will help seal the 2 crusts together and the juice will not make its getaway.

113. A small sponge, 2 in. x 4 in. barely damped in cold water, can be used to pat and shape dough in pie tins. It moistens them just enough. Keep one sponge for this purpose in a small wax bag in the icebox.

114. Don't heat the kitchen by lighting the oven just to brown the meringue on your pie. Heat a heavy iron skillet and invert it over the meringue until it is delicately golden in color. Don't let the skillet touch the meringue or the crust or you'll have a squash pie.

115. In our home, lemon meringue pie was my birthday "cakes" and there are probably more to make the fluffy topping stay up than I have birthday; just for luck, add this

one to your collection. Beat egg whites until stiff and then add 1 tsp. of corn starch for each egg white.

116. Sprinkle a little granulated sugar over meringue before browning and you will find that the fluffy, soft topping will cut easier.

117. You won't have to peel an onion if you slice it and slip the bands of skin from the thin circles. Think of the tears you will save.

118. Instead of chopping onion when you next make potato salad, grate the onion medium fine. The flavor will be there but there will be no large pieces of vegetables to annoy the onion-haters.

119. Pour hot water over the garlic bud and you will find that the tight skin comes off easily.

120. Pieces of raw potato in a container with cake will keep the baked food moist.

121. Added to baked beans, baking soda will make them more digestible.

122. When making stuffed peppers, oil them before baking. It will keep their color fresh and green.

123. Pimentos spoil quickly when removed from the can. Cover them with salad oil and keep in a covered jar in the refrigerator or cover them with slightly salted water.

124. Cauliflower should be soaked in salt water at least 30 minutes before cooking.

125. A quick chili sauce can be made by combining ketchup and pickle relish. Use equal amounts of the two ingredients.

126. A quick dressing for coleslaw can be obtained by mixing undiluted evaporated milk with vinegar and sugar. Taste for the proper blend.

127. Making a fruit salad? Mash 1 banana into a cup of mayonnaise for an unusual taste in salad dressing.

128. Don't throw away the pickle juice when the last crunchy slice has been eaten. Marinate whole string beans, canned, frozen (and cooked) or fresh-cooked, for 2 days in the vinegar. Serve either hot or cold.

THE LAUNDRY:

1. A cup of vinegar added to rinse water when you have used too many suds in washing will remove the soap. Rinse again and the clothes will dry sweet and soft.

2. If your silk is filled with suds from an energetic detergent, a sprinkling with table salt will break down the froth and open the drain.

3. Do not wring washable-fabric skirts or dresses with permanent pleats. Wash and let the garment drip dry.
4. Here is a new wrinkle for washing ribbons, but the wrinkles will not be in them! After washing, starch the ribbons with a diluted mixture of starch and wrap them around a clean and drinking glass or jar. When they are dry, they will look as though they were new.
5. Starched luncheon cloths stay clean longer and look better. Just dip the cloth in a medium solution of starch and iron when partly dry.
6. A light starch solution can be used for rinsing plastic bags. When they dry, they can be stored together without the chance of their adhering to each other. They will stay clear and glossy-looking. Try this for freezer, clothing or blanket bags.
7. Silk scarves will have more body and not look stringy if they are dipped in a thin solution of starch after being washed and rinsed.
8. Add a piece of paraffin or candle wax to a hot solution of starch for laundering glazed chintz that has lost some of its glaze. Be sure the wax has melted in the hot starch. Iron on the right side. (A piece of wax the size of a walnut is enough for a pair of curtains.)
9. Young women who are tackling laundry problems for the first time should be advised that the color or colors in their new cottons can be set by soaking for 20 minutes in warm, salted water. A tub of water can take a couple of teaspoons of salt. Rinse in clear, warm water. Then wash the garment in the regular way.
10. Dark cottons can be given a perked-up look with a little vinegar mixed in the second rinse when they are laundered. Rinse once again in clean water.
11. No matter how much bleach you use in a tub or washing machine, the dish towels will reach a state when only boiling will bring back their original whiteness. Throw in a cut of lemon, and the towels, after they are boiled and rinsed, will be free of discoloration.
12. Baste the buttonholes of your cardigan sweater before laundering. The stitches will keep the buttonholes from stretching out of shape.
13. Most mothers know that they can make an emergency clothesline when the weather is impossible for drying clothing outside by stringing cord around the legs of a card table turned upside down. More space can be achieved by crisscrossing the cords diagonally.

14. When ironing, do the largest and most difficult pieces first. They make a satisfying "hole' in the laundry basket. The small pieces are not as tiring to do and they can be done quickly.

15. When you have finished ironing, unplug the iron and move it to a safe place. Fold the board and out it away. Just unplugging the iron is not enough if you are leaving the house. You may forget that you did disconnect it and the worry will nag at you. By making the extra motions of tidying the laundry, you will jog your memory and be able of enjoy being out of the house without the fear that the house won't be there when you get back.

16. A sticky iron can be made to operate smoothly again if it is run back and forth while hot over a paper on which salt has been sprinkled generously.

17. An ironing board takes up a great deal of room in a small place. If you are doing a great deal of sewing, you will find that a sleeve board set up on a kitchen table or counter serves very nicely for pressing seams, tucks and hems.

18. If you have no special board for ironing, wrap towel smoothly around your rolling pin. Slip the sleeves over this.

19. If you wish to use your traveling iron in the hotel or motel, improvise an ironing board by inverting a dresser drawer and covering it with a bath towel. Empty the drawer first!

20. When ironing shirts, use clean clothes-pins (spring-type) to clamp the cuff which has been folded over the upper part of the sleeves. This will keep the sleeve from dragging on the floor while you are ironing the body of the shirt.

21. Try using one thickness of wrapping paper as a pressing cloth on wool, dacron or corduroy pants. Sponge the paper with water and press with a hot iron. The crease will be knife-sharp.

22. You can get wrinkles out of plastic materials. Place a thick bath towel which has been slightly dampened over and the wrinkles will disappear.

23. Sheets and blankets can be ironed without extra effort when you have other things to press. Use a heat-resistant table top and on this place the sheets and blankets folded to table-top size. Use these as a pad for the rest of the ironing and when you have finished those pieces, the blankets and sheets will be ready to fold and put away, also.

24. Letters on shirts or monograms on linen will "stand" out if they are ironed on the wrong side with the design placed on a large folded bath towel.

35. You can save a few precious moments if you fold your towels and dish towels lengthwise when you take them from the line or the drier. They can be arranged neatly on the towel rack. If they are folded widthwise first, they hang with a crease across them.

THE BEDROOMS:

1. If you have a tiny apartment with no room for storage, here is one way to dispose of those extra blankets and still have them within reach when temperature drops. After washing the blankets, put them under the mattress pad right on the bed. Pleasant dreams.

2. A small bedroom will appear larger and uncluttered if the bedspread is a solid color, the same color as the walls.

3. Blankets which have shrunk from being washed many times can be lengthened with a strip of unbleached muslin in the width of the blanket and the length of the "shortage." Sew it securely to the end of the blanket and use this at the foot of the bed, tucking the muslin under the mattress.

4. Valuable moments are often lost searching for telephone numbers when an emergency requires the presence of the police, the fire department or your doctor. Let me repeat the suggestion made for the kitchen phone: Write these numbers on adhesive tape and paste on the area under the receiver cradle on the telephone.

5. A rubber washer between the handle and the bolt on the inside of a dresser drawer will serve to keep the handle from being wobbly.

6. A small piece of steel wool, pushed into the hole of a knot of a dresser drawer will make a snug fit for a loose screw.

7. On day beds and studio couches, use rugs of cotton with long loops as covers. They are obtainable in soft and vivid colors and are easily washed in the washing machine. Since they are so easy to keep clean, you can even enjoy the luxury of having them in white.

THE BATHROOMS:

1. A quick way to "freshen up" the house when company is coming is to pour a few drops of scented deodorizer in bowl, sink and tub in the bathroom and rinse.

2. Ceramic tile may be cleaned with a mixture of 2 parts liquid detergent with 3 parts household vinegar. Take an old toothbrush and dipping it into the detergent-vinegar solution, scrub the tile especially the putty strips which join the blocks. If there is an accumulation of dirt, use a paring knife and run the tip of the knife lightly over the strips. The tile will be clean and beautiful again.
3. Try pouring a little kerosene down a clogged drainpipe, and follow with boiling water. If this doesn't work, follow with a call to the plumber.
4. If the suction cup on your plumber's helper (plunger) slips off, nail a bottle cap, open side down, on the end of the stick and replace the suction cup.
5. A stubborn stain on a sink or bathtub that remains despite all bleaches and cleansers' action should be rubbed with table salt dampened with turpentine.
6. A paste of cream of tartar and peroxide applied with a stiff brush will help remove the discoloration left by a drippy faucet.
7. On rust stains on kitchen or bathroom fixtures, use a cleanser made by mixing a thick solution of powdered chalk (the blackboard kind) and household ammonia.
8. A plastic sirup dispenser in the bathroom and one in the kitchen can be leftover soap. Add hot water and let stand. Use the thick liquid soap that results for washing hose and lingerie.
9. Vinegar will remove rust from leaky faucets.

THE DRESSING ROOMS:

1. The fuzz balls on sweaters can be removed by brushing with a dry sponge.
2. A dark clothes closet will welcome a white vinyl mat or white linoleum the size of the closet floor. It is easier to find things against the white surface than in dark corners.
3. After applying cosmetics, put on sunglasses and wear them for about 10 minutes. Dark lenses change your perspective. When you remove them, you can see yourself exactly as others see you, heaven help you!
4. Loose tissues in a purse are often mangled and dirty when you need them. Take each fresh tissue, fold the narrow way and roll up very tightly. Stand several rolled tissues in a row in an envelope and keep the envelope in your purse for that unexpected sneeze or a lipstick staining kiss.

5. Brush dusty and worn suede shoes with a metal brush and then steam with a steam iron to raise the nap.
6. When cleaning your comb and brush by soaking them in warm, sudsy water, don't forget occasionally to include your hairpins, clip and curlers. Soak them for only a few minutes and dry thoroughly so that they will not rust.
7. An emery board will make a fine point on an eyebrow pencil.
8. Do you usually strip the wrapper from a cake of perfumed soap, crumple it and throw it away? Don't. Put your wrappers in your linen closet or bureau drawers and you won't be wasting a sniff of the fragrance.
9. Your husband's old sock make good covers for gold and silver slippers and prevent tarnish.
10. A plain hair net to which has been sewn a few rhinestones or pearls will dress up a chignon for a special occasion.
11. Put a thin powder puff dipped lightly in talcum powder in the heel of each shoe. You'll walk as lightly as a puff of air.
12. A sheet of white blotting paper under the cover of your dresser or vanity table will prevent the top of the furniture from becoming stained by perfume, nail polish, spilled powder, etc.
13. The next time you are bluing clothes, dip an old pillowcase in a deep-blue solution. Dry and iron and use as a slip cover for white shirts and blouses which are seldom worn; they will not yellow.
14. If the mirror you bought at the antique shop has a scratch on the back which reflects as a line in your face, don't worry (that will give you real wrinkles). Fit a piece of aluminum foil over the mark on the back, cover with a coat of plain shellac. When it is dry, you will find that the synthetic wrinkle has disappeared. Would we had a hint would work as quickly on the real ones!
15. A gasoline bath will restore the sparkle to rhinestone pins. After a 5-minute soaking, rub the jewelry dry with a flannel cloth.
16. Most women will welcome this hint: Keep a coffee-can key on your key chain as a screw driver for those small emergencies which strain the patience and break the nails.
17. Put a small scatter rug in the bottom of each clothes closet. You will find it easier to shake mud and lint from the rug than to clean the bottom of the closet as often as you now have to.

18. No matter what the quality of a pearl necklace, it should not be cleaned with soap and water. Clean, soft chamois leather may be used to rub the film of dirt that collect on them. Rub in between the gems, also.

THE NURSERY AND THE CHILDREN'S ROOMS:

1. A little chopped ice, tied in a clean washcloth and given to the teething baby to suck, will numb his gums and afford a little relief to him, and to you.
2. A plastic basket, the type carried as beach bags and purse, can be purchased for less than a peso. They come in many colors and one of them, slipped over the tub faucets or spout in the bathroom, is large enough to hold many of your children's bathtub treasures. These baskets allow for ventilation, and the child may help himself to the toy that pleases him at the moment.
3. Using blunt-end scissors, you can trim the baby's tiny nails without irritating him if you do it while the child is asleep.
4. A piece of sterile gauze over the neck of the baby's bottle under the nipple will act as a strainer for the formula as it passes through the nipple. Use a fresh piece of sterilized gauze for each bottle and do not reuse.
5. Baby will be a welcome guest if you have prepared his food before hand and brought it in the container in which it will be warmed: An egg-poacher with food spooned into 3 or 4 of the pans is easily fixed and can be refrigerated until you leave. When it is time to heat the baby's food, pour boiling water in the bottom of the poacher and in a few minutes, the contents of each pan will be warmed to the right temperature, and it will stay that way while you are feeding him.
6. Tiny tots often lift the telephone from its cradle, making an incoming call impossible. Try slipping a wide rubber band around the cradle to hold down the contacts. Remove the rubber when an adult wants to use the phone.
7. An inexpensive piece of equipment for the children's playroom is a piece of oilcloth or plastic about a couple of yards square. Lay this on the rug or floor and let the children slide across it as they would on a patch of ice.
8. Rainy day tip for little tots. Let the children crayon on the brown paper sacks used for their school lunches.
9. Children think you have magic powers if you can make a balloon stay on the ceiling. After blowing the balloon up and tying it with a short string, rub it on your

hair a few times. Then blow it to the ceiling or against a wall. It will stay there for several hours, to the amazement of your children.

10. Children can be taught to be string-savers, a type of thriftiness which has its uses. Twine which can be used again for packaging can be wound into skeins. String which is of cheap quality can be wound into a ball and crocheted that even something of little value can be turned into an object of beauty and use.

11. Give a "temporary permanence" to your child's cut outs or original works of art. Mounted on paper plates, they are given the dignity of being "framed". The paper plates stack easily in the toy cupboard.

12. Save magazines and on rainy days, present them to the children with a scrapbook, a pair of scissors and paste. Assign each child a country and let him go through the magazines, cutting everything either in pictures or prose that applies to his temporarily adopted land. The completed books can be sent to children's hospitals or given to the church to go in the next missionary box to schools that are short of interesting supplies.

13. If you have a number of old records that you do not intend to use again, tack them to the walls of your finished basement or your son's room for an unusual decorative motif.

14. Why not give each of your children his own color in towels and washclothes as well as in his toothbrush, hairbrush, etc. Each will learn to use his own washcloth, with no chance of confusion, even in the last minute rush for the school bus.

15. Paint the hooks of the hangers on which you are going to place your children's play clothes with red nail polish. If the child is trained to take for play only the colthes on the red-handled hangers, it will avoid much discussion and you will not find him going out to sail boats in a mud puddle on his brand-new white ducks.

16. Old trucks can be purchased at second-hand shops and auctions for very little money. Mounted on casters and painted in gay colors, a truck will be the ideal chest to hold most of the toys which the fond grandparents and adoring aunts and uncles provide.

THE LINEN CLOSETS:

1. When putting linens, towels or dishes away, put the clean ones on the bottom. This will regulate the wear and the material will last longer, and the dishes will be dust-free all the time.

THE SEWING ROOM:

1. Before sewing place a sheet under the chair. Dropped pins, needles, hooks and eyes, etc. can be quickly found, and raveled threads easily.
2. A lightweight typewriter stand makes a good table for a portable sewing machine.
3. A piece of white adhesive tape on which is measured 1/4 in., 1/2 in. and 5/8 in. can be placed on the right of the needle on the sewing machine. A coat of shellac will keep it from rubbing off. Follow this gauge and you can put in a seam of correct depth with basting.
4. Is your sewing-machine needle catching on fine fabrics? Run it through steel wool a few times. Get the point?
5. When mending towels or sewing on terry cloth, a sheet of newspaper slipped under the material will help it to glide more smoothly and keep the machine from being clogged with lint and fuzz.
6. A piece of fine sandpaper in the sewing box is handy not only for sharpening dull scissors but also for bringing needles to a fine point. Simply sew a few stitches through the sandpaper with the unthreaded needle.
7. This very minute, while you are straightening out your sewing box, get a small plastic bag or make a small cloth one and drop into it several spools of different-colored threads, a few needles and a number of buttons of different sizes. Pin the bag to the bottom of the cover on your ironing board and you can take care of minor repairs as you discover the need for them.
8. Do the threads which have come unwounded make your sewing drawer or basket look as though it were filled with webs woven by color-blind spiders? Keep small rubber bands with your sewing and slip one over a spool which has been started and the thread will not unwind. A tiny piece of scotch-tape will serve, also.
9. Take your button box some night when you are watching the television and string all of one kind on a thread and tie. Put the strings of button in a wide glass jar. When you need one, you can fish out the line you need with a crochet book. A little time spent in organizing your sewing box in this way will save time for you when you have to put buttons on in a hurry.
10. A magnet in the sewing box is of more use than just to pick up needles. Test the sewing hooks and eyes which you plan to use on washable garments. If the magnet picks them up, do not use them, because they will rust.

11. Discarded cigarette boxes can be painted or covered with foil to make useful and attractive containers for remnants of lace, elastic, bias tape and name tags. Let the end protrude from the top of the box for quick spotting when you finally get time to tackle that mountains of mending.

12. Dental floss, used instead of sewing thread, has been used by many home sewers for replacing buttons. The added strength of the floss makes the likelihood of having to repeat this job remote. Dental floss may also be used when gathering material by hand. You can pull the floss as tight as you like without having it break.

13. Have your dinner napkins outluster your tablecloth? Four dinner napkins may be joined together to make a small cloth for the tea table. The edges may be overhanded if the napkins have been hemstitched, or rickrack may be used where machine hems come together.

14. The legs of old Argyle or other bright socks make good pot-holders. Cut off at the ankle and cut the back. Open and put one leg over the other, wrong side in. Turn on the edges and sew around. Add a ring in one corner for hanging.

15. When making draperies and curtains, turn the hem width up twice. The draperies will hang better and there is room for them to be let down in case of shrinkage.

16. A small loop of ribbon or tape inside the waistband of a half apron will permit it to be hung without having to tie and untie the apron strings.

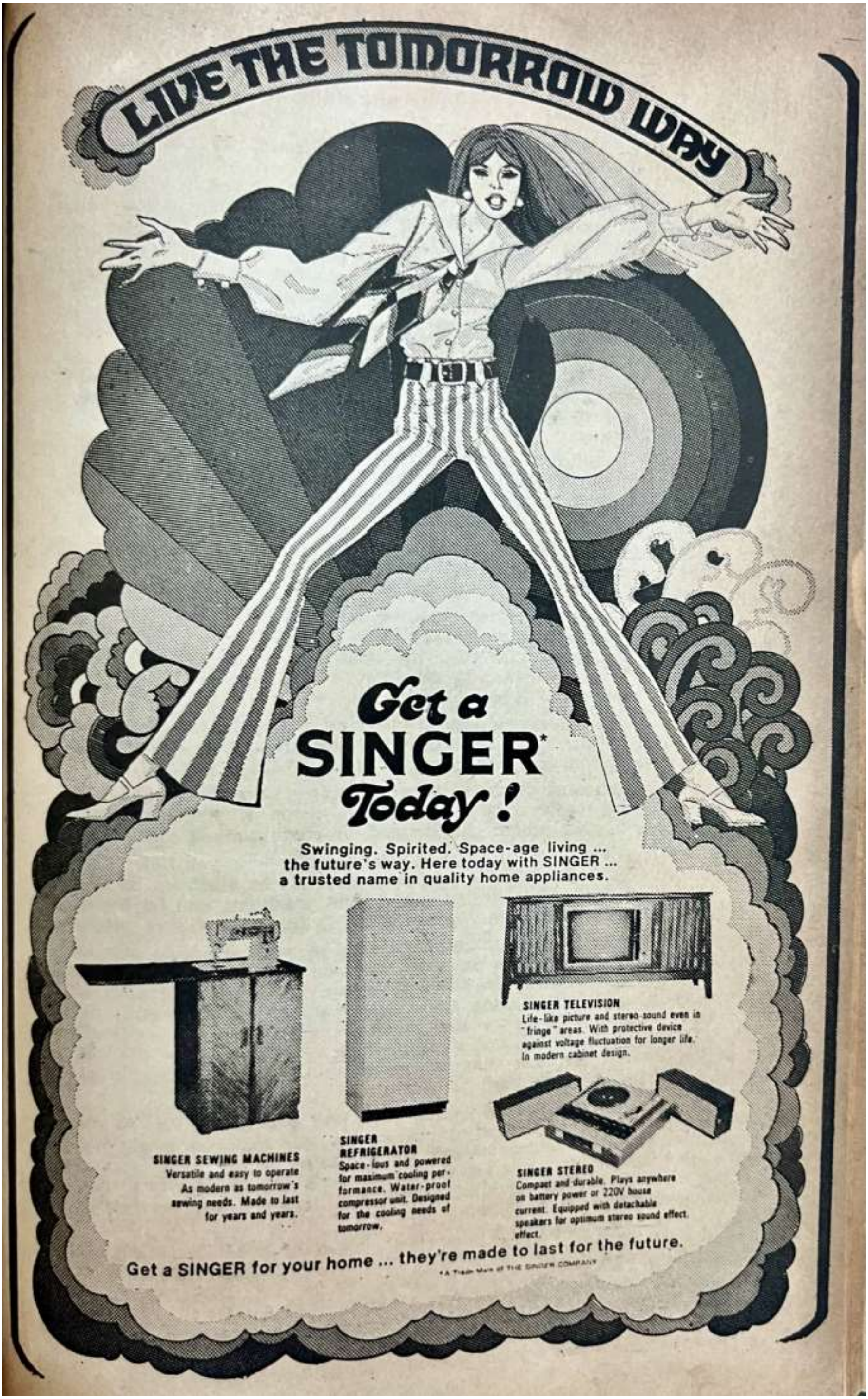
17. If you are going to have to store yarn for any length of time, wind the hank into a ball using a mothball as the center.

18. Plastic bags that have held vegetables have holes in them. Use these for unreeling balls of yarn through the hole.

19. Before sewing plastic material, make certain that your needle will not stick. Rubbing it with a little talcum or French chalk will keep it smooth.

20. Are you going to hand-hem those beautiful Irish-linen napkins? Put a piece of adhesive tape over the edge of your index finger on the side next to the thumb and you won't have to read the section telling how to get blood spots out of linen.

21. A little moisture will serve as a test for real linen. Moisten a spot on the material and watch. If it penetrates immediately, it is linen. Cotton takes much longer to absorb dampness.



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SINGER* SEWING TIPS

Sewing today is an exciting and rewarding pastime. Sewing is an art and, as such, demands the discipline of an art. Bring to it desire, enthusiasm, and imagination, and it will give you in return a satisfaction that is unique: the joy of creating something that is truly yours.

To find in sewing the pleasure that is waiting there, you need a cheerful, comfortable, neatly organized sewing area where you can keep your sewing supplies. Finding also a pressing area, a pattern layout and cutting area plus your sewing equipment and tools with complete sewing supplies will facilitate your sewing and help you attain a professional look in your finished product. To start, a proper fit begins with the laying out of the correct pattern size. Preparing a pattern is a challenge, for it requires that you reconcile the often conflicting demands of fashion, figure, practicability, and purse. Whatever you make should reflect current style and fashion. With that in mind: Study the fashions in magazines and display windows as well as in the pattern catalogs. For a type of fabric choose a pattern that suits its texture and weight. Clothes that look well, fit well. And proper fit begins with the selection of the correct pattern size. To determine that, take body measurements accurately.

With the already cut fabric sections before you, with pins handy, and with a threaded needle and a threaded sewing machine waiting to be used, the moment has come to put your creation together. Your work will proceed in this sequence:

a. **Stay stitching**—is a line of machine stitching, placed through a single thickness of the seam allowance, 1/2 inch from the seam edge. It is used to hold the original shape for fitting and handling the garment.

b. **Basting**—is a temporary stitch made to hold two or more pieces of fabric together before final stitching. It facilitates seaming and fitting and contributes to the appearance of good workmanship in the finished product. Basting may be done by hand, by machine, or by pins. In all cases, it is removed after each seam is completed.

Pressing as you sew—Pressing seems to be an unnecessary interruption in your work. This is far from the truth, however, and you should disabuse yourself of that notion now, for pressing is an integral part of sewing.

You must press garment sections before joining them. Form the habit of pressing and doing it correctly and you will attain a perfection in finish and fit in your sewing which equals that of custom-made clothes.

Fittings—Fittings are pleasant steps in sewing that show you how your work is progressing. The success of your garment depends as much on its fit as on the suitability of the pattern design and fabric. Fashions can be copied, but the garment becomes individually yours when it fits your figure properly.

Underlining—Adding an underlining or lining to your dress is one way of achieving a custom-made look in your clothes. Many fabrics and fashion styles require either one or the other to retain the shape and add body to the garment. Simply defined, they are a second thickness of carefully selected fabric that is used to support the garment fabric and add resistance to strain. Whether or not you underline or line a garment is a decision you should make when you are planning your dress and selecting a pattern as well as the effect you wish to achieve.

Using your machine accessories—Accessories add new dimensions to machine sewing. They enable you to accomplish quickly and expertly many finishing details that would be laborious and time consuming by hand. Accessories are available for almost every phase of sewing. Many are standard and come with the machine, others can be purchased separately and no sewing machine is complete without these.

MOST OF THE MACHINES STILL SEWING AWAY AFTER YEARS AND YEARS ARE SINGER MACHINES. TODAY, SINGER OFFERS MANY TYPES AND FEATURES THAT FACILITATE YOUR SEWING TASKS AND MAKE SEWING MORE PLEASANT. THE MOST PREFERRED BRAND, THEY SEW AROUND THE WORLD AND ARE BUILT TO LAST.

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22. Before starting to embroider a pattern that requires several colors, thread such color on a separate needle. This is faster than using one needle.
23. Sorting curtains is not a nuisance job if you have stitched a colored thread into the top hem of each pair. Use a different color for each pair.
24. When working on material that is very hard to cut straight, pick 1 to 2 threads up with a needle and using your fingers, pull them out all the way across. You will now have an accurate guide to follow.
25. You can be a quick basting-thread puller if you wrap cellophane tape around your finger, sticky side out, and use it to pick up the tiny threads from the ripped garments.
26. A little soft soap makes living easier for everyone, including the seamstress. She can prevent buttonholes from raveling in sheer materials by rubbing the area with moist soap and allowing it to dry before cutting.
27. When replacing elastic in a garment, pin the end of the new piece to the old, woven-out rubber. When you pull the old out, the new will naturally be drawn into place. Pretty snappy hint, isn't it?

FLOWERS, FRESH AND ARTIFICIAL:

1. Add a little food coloring to the water in which you are going to arrange cut flowers. About 1 tsp. of color to a pint of warm water will give your white blossoms unusual hues. Red and blue can be added to white daisies for a patriotic corsage. Or try a bouquet created of all green flowers for something unusual.
2. To keep cut flowers longer, remove from the plant all the leaves that are under water. These leaves usually decay and poison the water and, in addition, have a very disgusting odor.

ROOM FOR IMPROVEMENT:

1. Do you know the trick of removing an unpleasant odor from a room quickly? Put a few drops of scented deodorizer or perfume on the electric-light bulb in the floor or table lamp and turn on the light. As the bulb gets hot, the unpleasant odor is replaced with a clean sweet smell.
2. Pour a little vinegar into ink that has thickened. It will dilute it to a better writing consistency (but it will not help your spelling).
3. "Will you lend me your pen? is a question that leads not only to lending one's pen but to losing it. Not that the

borrower means to be light-fingered but he automatically returns it to his pocket. When passing your pen to others, unscrew the cap and retain it in your hand. Both parties will realize that there is a part missing and the pen will come home to stay.

4. Ball-point pens sometimes stop writing even though they have not given much service. Thrust a long needle or pin in the open and of the ink barrel to see if there is any ink left in it. If there is, stand the pen in a bit of vinegar in a bottle or juiceglass. Let it remain overnight and in the morning, dry and reassemble. Now if it doesn't work, throw it away.
5. Even if you never went to hear "Dardanella" or "In a Little Spanish Town" again, don't throw away those old records. Covered with wax paper, each will make a good platter for a cake that has to be carried to the church fair or the weekly poker game. Since it need not be returned, you'll be in the grove with the refreshment committee.
6. If you are serving on a committee that must solicit gifts for door prizes, who are really on the spot for this sort of thing, try saying thank you this way. In each prize, enclose a stamp post card addressed to the merchant who donated the merchandise. The winner can write on this her personal thanks and drop it in the mail. So few trades-people are ever thanked sufficiently for all they do for a community, this gesture will be a source of good will.
7. If you need an extra large width of wax paper, seal two or three pieces together with a hot iron.
8. Even if you are just starting to keep house, you must have learned that a hot liquid can be served in a glass without breaking it if the silver spoon is standing in the glass and the liquid is poured into the next hot drink.
9. Are you planning to mail fudge to camp or school? Line the box in which it is to be sent with wax paper and pour the fudge directly into the box and it will travel better.
10. Press from rubber down hard with a flat board and cut it while it is compressed. Unless this is done, it is hard to cut the foam rubber neatly with a knife or scissors.
11. If water is beginning to soak through cork coasters, paint the buttom side of each one with colorless nail polish.
12. Colorless nail polish will act as glue on the broken figurine from the knicknack shelf but it will come apart in hot water. Use powdered alum melted in a spoon over the gas flame, rub the alum on the broken edges of both pieces of chint and stick together. Let dry.

13. If Scotch tape used to hold decorations or pictures on walls has left marks, try nailpolish remover on the spots. It usually works, leaves no rings and does not remove color.
14. Don't talk down housework and the care of running a home from showing the world a clean and cheerful home and make a point of mentioning them where the children can hear them. They will carry over into their own homemaking years the impression of the values you set now.

HOW TO HAVE A CLEAN HOUSE

1. All housework should be done from Monday to Friday. Saturday belongs to your family and any special projects in which they share. The supermarket shopping should be done by Friday evening, and since most people have heavy dinners sometime during the day weekday, plan lighter meals and impromptu-type for barbecues, picnics, everybody-help salad-and-sandwich suppers or brunches, which are a popular after-church guest time. This time of weekend permits the lady of the house to join in the fun instead of keeping her tied to a gravy-and-biscuits chore schedule in the kitchen.
2. Most homemakers advise beginners that the best way to get the disliked tasks finished is do them first. The other jobs are a pleasure to anticipate.
3. Someone has used the phrase "The pause that replaces" to designate the second or two when you survey a room for the objects that have been left there and which belong in another room. By making a habit of this pause and the return of the misplaced objects to their home, you will always have a neat house.
4. If your dustpan doesn't seem to get up all the dirt, try this popular substitute. Wet one end of the newspaper for about 2 or 3 inches. Place it on the floor and sweep everything up on the paper. Roll the paper and out it in the garbage can. This is a very good tip for everyone except the manufacturers of dustpans.
5. Hot vinegar sponged liberally on decalcomania transfers, known familiarly as decals, will remove them from painted surface without harm to the painted finish. After applying the vinegar, wait a few minutes until it has soaked in and then wipe off the decals.
6. Three of four heavy coats of paste wax or your best tables is good insurance against marring the furniture with alcohol or hot foods while entertaining a crowd. Use the paste wax before a party and remove it the next day with liquid wax, which will dissolve and remove the paste and restore the finished to its usual luster.

7. Brass will not tarnish as quickly in damp water if it is rubbed with a cloth slightly moistened in olive oil after it is polished.
8. A piece of lemon dipped in salt can be used to rub brass and copper articles until they are bright. Wash in lukewarm water and dry with a soft cloth.
9. A combination of acetone and clear fingernails polish can be used on chrome to prevent the chrome from making black marks on anything against which it rubs.
10. A coat of wax on the chrome on kitchen chairs will prevent them rusting.
11. Put your polished silver tea set in a cellophane bag and when it is needed, there will be no frantic scurrying to do a hasty cleaning job.
12. A piece of alum in the silverware drawer is said to prevent tarnishing.
13. If you want to do a quick job on a quantity of silverware, take 3 tbsp. of baking soda and 1 tbsp. of salt and put in 2 quarts of boiling water in an aluminum pot or a pot lined with aluminum foil. Put in the silver and stir around until the pieces have become shining and clear. Rinse with boiling water and dry.
14. Some homemakers prefer using a sponge to a cloth for putting a polish on large silver pieces, particularly those with a heavy design. They feel that the sponge can squeeze into the difficult corners. A clean sponge can be used to remove the polish.
15. Ruffled organdy or nylon curtains give a sweet note to a room if a few drops of a flower cologne or perfume are diluted to the last rinse. Lilac, violet or ilang-ilang will make you dream of spring.
16. A piece of aluminum foil from a package of chewing gum or cigarettes can be used to cover the end of a curtain rod that is to be slipped through curtains that catch easily or tear.
17. How to wash organdy curtains: Soak white organdy, dimity or net curtains in lukewarm water before washing. Even the most immaculate housekeeper will be surprised at the amount of dirt that has accumulated in the sheer curtains in a short period of time. Lift the curtains out carefully and drain off the dirty water. Wash in heavy lukewarm suds made with gentle soap flakes. Rinse thoroughly and roll in towels. Iron when partly dry.

HOW TO PRESERVE A HOUSE

1. Some people use more nails in the plaster than are used to hold the house together. At least, this is your impression if you have to prepare these walls for paint or paper. A little cornstarch or talcum powder mixed with a few drops of water is easier to force into small holes than plaster. Smooth the edges with the tip of your fingers.
2. Varnished woodwork of furniture may be washed with a strong solution of ammonia and warm water before it is repainted. This insures the paint's going on more easily and better.
3. A clean cloth dipped in turpentine and wiped over walls which have been freshly painted with enamel will remove some of the glare.
4. If you want to paint windows and you have no masking tape with which to cover the glass, you can prevent spatters by cutting a sheet or damp newspaper to the size of the windowpane and pressing it lightly against the glass. This will catch the paint drops and can easily be removed.
5. It is paradoxical that 1 tsp. of black enamel when added to a quart of white enamel will keep the white from turning yellow after it has been used.
6. Painting a table properly, like reaching the top of a profession, is achieved by starting at the bottom. Set the table upside down and paint the lower portion first. Set it right side up and finish off the under part before painting the top, which is done last.
7. Tuck heavy twine into the groove edge of a paint can when you are using it. When you want to replace the cover, pull the twine out and the top will be paint free, so the cover will not stick.
8. Paint odor can be overcome by keeping a small dish of vinegar in the room where the painting is being done. Better for the odor to be overcome than for you to be.
9. Before starting to paint the outside of your house, paint the top few inches of your ladder the same color. When you lean the ladder against the painted siding, it will leave no marks.
10. When painting, cover your glasses with the clinging cellophane wrapping. You will be able to see without getting paint on the lenses and the covering can be quickly removed when the job is done.

11. Old paint on hinges and other metal objects will loosen if they are soaked in household ammonia for an hour or two.

HOW TO REMOVE STAINS

1. Did last night's guests turn out to be ringers — people who put glasses down on furniture without looking around for a coaster? Buy a small bottle of camphor at the drugstore and take a teaspoonful of lard or butter from the refrigerator and let's get to work.

   Wet the end of your finger with camphor and rub on spot. Quickly apply the grease. Do a small area at a time. Let set for a few minutes and then apply any kind of furniture polish. Next time you entertain, put out the coasters before you answer the doorbell.
2. Have I told you that a paste of salt and olive oil applied with a brush will help to remove heat rings on the table? Let stand about an hour before removing with a clean cloth. Or let a thick coat of petroleum jelly stand on the marks for about 48 hours before rubbing off with a soft rug.
3. To eradicate small heat marks on a dining-room table, invert a muffin tin over the marked area and rest a hot iron on the pan for a few minutes.
4. Crayon or pencil marked on enameled surfaces yield to a few drops of detergent on a soft cloth.
5. It is very discouraging to be able to remove a stain successfully and find that the cleaning fluid has left a ring. It sometimes seems that the cure is worse than the original trouble. Let the cleaning fluid dry and then hold the material over a steaming kettle until the mark vanishes.
6. Some housewives prefer buttermilk and lemon for soaking cloth on which ink has been spilled. Rinse clear and launder as usual.
7. Cover both sides of an ink stain on a dress or shirt with white chalk. When the article is washed in hot, soapy water the ink stains will disappear.
8. Fruit or wine stains on a tablecloth are easier to remove if salt is used to cover the spot when it is fresh and later boiling water is poured through the stained area.
9. Two tbsp. of ammonia to 1 quart of water can be used for soaking bloodstain from handkerchiefs.
10. Grease spots which have set in fabrics may be eradicated by rubbing fresh grease into the spots and washing immediately.

11. Milk on a cloth applied to chocolate stains on the tablecloth will keep the brown color from setting. Launder as usual.
12. Oxalic acid, used in proportion of a few drops to a bowl of hot water, will remove rust spots quickly from white cotton articles.
13. Try this for rust stains. Place a teaspoonful of tartar on the spot and tie it with a thin cord into a bag shape. Place it in washing machine as usual. When the article has been laundered, the stain should have gone the drain.
14. Lipstick on a napkin often makes a hostess see red. Soak the stain in liquid detergent full strength for a few minutes and then wash as usual. The stain should be just a memory.
15. Rubbing alcohol will take shoe-polish stains out of the clothing.
16. A tablespoonful of borax in the washing water will help to remove shoe stains from light-colored stockings.
17. Soak the cloth in cold water, because hot water will set the stains. Launder as usual.

THE SICKROOM

1. Splinters or slivers can be removed painlessly. Press in ice cube to the spot for about 30 seconds and then remove splinter with a sterilized needle.
2. Baking soda added to the bath water relieves skin which has been sunburned or which has developed prickly heat.
3. Wet baking soda takes the pain out of a burn or an insect bite.

PICNICS, HIKES AND TRIPS

1. When packing the picnic basket, put a piece of cellophane tape over the opening of the salt and pepper. It is easily removed when you wish to season the food at the picnic site.
2. Picnics are really for people and ants, flies, mosquitoes and gnats should be treated as gate crashers. Take a spraytype insecticide in the picnic basket and an hour before eating, spray the area and foliage nearby. Be sure the food is covered at this time. Now you can eat in peace.
3. Ice cubes made by putting the water in pint-size ice cream containers for freezing will last longer than the normal size cube if you are having a picnic at a distant spot.
4. The contents of a Thermos bottle will stay hot longer if if the bottles are rinsed with hot water and then rinsed with really scalding water. Let this rinse stand in the

bottles until they are to be filled. Be sure the contents are very hot so that they won't be just warm when the food or drink is needed.

5. When traveling by car, individual lunches work better than food that must be passed. The aluminum foil divided plates are ideal for this type of meal. For each person, prepare a plate of potato salad, cold cuts, sandwiches and wrapped fruit or cake. Put foil around each plate and stack them in a long picnic icebox (or a Scotch Cooler) if the plates are around. Ice cubes in a glass jar or a frozen block of ice will keep the food cool and you can pour fruit juice over the cubes for a refreshing drink. Take the fruit in a can but don't forget the opener.

GIFTS AND WRAPPINGS

1. Add special good wishes to your wedding gifts by wrapping a small wishbone with each one. Save the wishbones from turkeys and chicken, wash and dry thoroughly. Paint the completely dry bones with white paint. The little good-luck emblem snuggled into the satin bow on top of your gift, with perhaps a spray of artificial lily of the valley, will tell the bride of your hopes for her happiness.

PESTS YOU CAN KILL

1. It seems strange that cucumber peel, which is used to enhance the appearance and flavor of cold drinks such as Pimm's Cup, should make ants who encounter strips of the peel on counters and shelves decide to leave town.

THE FAMILY PETS

1. The animals cannot tip over garbage cans if the can handle has been slipped over the top of a pipe of firm pole which has been driven about a foot into the ground.
2. Have you thought about putting reflector lights on your pet's collar so that he can be seem at night? If you have to do much walking after dusk, make yourself a belt with reflector lights.
3. We have heard that "Tommy Tucker sings for his supper." To reverse this process if you have a canary who is reluctant about singing, put a piece of rock candy, about the size of a filbert, in the bird's drinking water. Sweet notes should result.

AIDS IN MOVING

1. It would be much easier to be gypsies when it is necessary to move—just harness the horse to the cart containing all over wordly good and be off the new location. Un-

fortunately, our life is more complex and we have so much stuff to move. A little time spent on organization before the vans come will save a great deal of confusion and labor later. Tag each carton with the name of the room it is to be delivered to and for your own information, add the name of the owner of the contents. When you arrive at the new destination take charge of the pile of boxes in each room and assign the owner to unpack and put the books, clothing or stuffed frocks on the proper shelves.

2. When moving a household, take small linens, such as bath towels, washcloths, dish towels, etc., and use them for wrapping and packing good china. Clothes that lack ironing can be used in the same way. This makes for cleaner unpacking and the two items, china and linen, travel together, taking less space, and the china will not be chipped. You were going to iron the clothes later, anyway.

APPENDIX

SEASONAL AVAILABILITY OF PHILIPPINE FRUITS AND VEGETABLES

Name	Local name	Time available	Height of season
Avocado	avocado		
Bamboo shoots	labong		Feb.-July
Bananas	saguing	year round	rainy season
Bean sprouts	togue	year round	May
Beets	remolacha	year round	cool season
Bottle gourd	upo	year round	dry season
Breadfruit	rimas	year round	rainy season
Cabbage	repolyo	year round	cool season
Calamansi	kalamansi	year round	Sept., rainy
Carrot	karot	year round	cool season
Cashew nuts	Kasuy	year round	rainy season
Cassava	Kamoteng-kahoy	year round	dry season
Cauliflower	koliflor	year round	cool season
Chayote	sayote	year round	cool season
Chickpeas	garbansis	year round	cool season
Chico	chico	year round	March-July
Chinese cabbage	pechay Baguio	year round	Jan., cool
Chinese peas	chicharo		cool season
Chinese turnip or Yam bean	singkamas	year round	dry season
Coconut	niyug	year round	
Corn	mais	year round	rainy season
Cucumber	pipino	year round	cool season
Curacao apple	makopa	year round	rainy season
Eggplant	talong	year round	rainy season
Fern leaves	pako	year round	rainy season
Ginger	luya	year round	
Green snap beans	habichuelas	year round	cool season
Guava	bayabas	year round	rainy season
Hyacinth bean	bataw	year round	Oct.-Jan.
Java Plum	duhat or lomboy		Mar.-July
Lanzones	lansones		Aug.-Oct.
Lettuce	lechugas	year round	cool season
Lima beans	patani		cool season
Long cow pea	sitaw	year round	Oct.-Jan.
Mango	manga	year round	May
Mangosteen	mangostan		Oct.-Nov; May-June
Melon	melon		April-May
Mong bean	mongo	year round	
Mushroom	kaboti		rainy season
Mustard	mustasa	year round	Jan.-March
Native orange	naranghita		Dec.-Feb.
New Zealand spinach	espinaka	year round	
Okra	okra	year round	
Palmetto or coconut heart	ubod	year round	
Papaya	papaya	year round	

Name	Local name	Time available	Height of season
Peanut	mani	year round	
pigweed or nettle	kolitis	year round	rainy season
Pili nut	pili	year round	Dec.-May
Pineapple	pina	year round	Aug.-Sept.
Pomelo	suha		Aug.-Dec.
Potato	patatas	year round	Aug.-Dec.
Radish (white)	labanos		
(red)		year round	rainy season
santol	Santol		cool season
Soursop	guyabano	year round	rainy season
Sponge gourd	patola	year round	rainy, Aug.-Nov.
Squash	kalabasa	year round	rainy
Star apple	kaimito		Jan.-May
Star fruit or carambola	balimbing		Jan.-March
Strawberry	stroberi		Sept.-Nov.
Swamp cabbage	kangkong	year round	Dec.-May
Sweet peppers	sili	year round	rainy season
Sweet potato	kamote	year round	rainy season
Sweet sop or custard apple	atis	year round	
Taro	gabi	year round	Sept.-Oct.
Tomato	kamatis	year round	rainy season
Turmeric	luyang dilaw	year round	Dec.-May
Watermelon	pakwan		
Winged bean or goa bean	siguidillas	year round	Jan.-March
Yam	ubi	year round	rainy season
Young coconut	buko	year round	rainy season

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